HARPER PRAISES 'SOUTH ASIAN TIGER,' PG8

Celebrity Buzz

Yes, Twilight duo a couple pg 34

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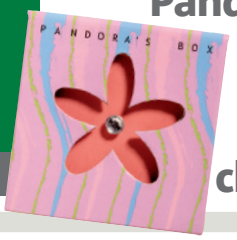
VANCOUVER NOVEMBER 17, 2009

Beauty pg 26

Pandora's Box full of charm



Passenger ferry set for coastal run tomorrow

COMMUTERS Rain and wind have not affected tomorrow's reintroduction of a passenger ferry route linking West Vancouver to the downtown.

Captain Ihab Shaker said the 70-passenger capacity Coastal Runner is all set to go.

"If anything, I am glad that this type of weather will be there so we can prove we can sail in 99.9 per cent of all weather," Shaker said yesterday.

After sailing to Bowen Island for 12 months, Coastal Link Ferries is adding three roundtrips daily linking the 14th Street dock near Ambleside Park to Coal Harbour.

STIG NIELSEN/ FOR METRO VANCOUVER

News on the Move

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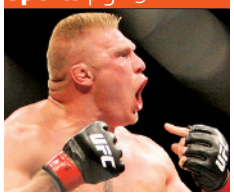
Sports pg 19



Lesnar's career in jeopardy

On the web

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STIG NIELSEN/FOR METRO VANCOUVER

Jaeun Jeung battles the rain on Robson Street yesterday afternoon. Up to 10 millimetres more is expected in Vancouver today.

The Wet Coast

'Typical fall' says meteorologist as winds, rain wash out region

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The Wet Coast lived up to its name and then some yesterday, as the incessant downpour — along with strong winds — wreaked havoc around the region, causing flooding, power outages and school closures.

The mayor of Courtney on Vancouver Island, which saw 56.4 millimetres of rain in 24 hours, even declared a state of emergency because local rivers overflowed.

Flooding across the Coast was exacerbated by snowmelt and drains clogged with fallen leaves.

Around 32,000 B.C. Hydro customers across the province were without electricity at some point yesterday, including 25,000 in Metro Vancouver, because of winds reaching as much as 80 km/h in some places.

Two schools in Langley closed for the day because they were without power, which was also knocked out at the Massey Tunnel early in the morning.

The warmer, wetter weather also forced Cypress and Grouse mountains to shut down their ski hills — only days after opening early — because the snowfall turned into rain.

David Wray, a meteorologist with Environment Canada, said Squamish received the most rain, with 104.2 mm falling in the 24-hour period between noon on Sunday and noon yesterday.

North Vancouver saw 63 mm of rain in the same time period, and Vancouver got 23.4 mm.

"(Today) we are expecting the bulk of the system to have moved through," Wray said.

"(This was) just your typical West Coast fall," he added. "(It was) more robust than other systems, but certainly not out of the normal. We do tend to have two or three events like this a year."

Around five to 10 mm of rain is forecast to fall on Vancouver today before the rains pick up again tomorrow evening, which should soak the city with another 20 to 25 mm.

ShareYourViews
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Conventional TV, cable face off in CRTC hearings

BROADCASTING Canada's largest private broadcaster suggested yesterday more stations could close and signals could be yanked from cable television if it doesn't get paid for its TV signals.

CTVglobemedia president Ivan Fecan warned that conventional television is in financial dire straits and needs to be compensated by cable companies.

And if cable firms don't pay up — something they say they will not — Fecan said he would be prepared to pull his network off any cable company that refuses to negotiate a fair fee.

"We are not going to be here operating conventional TV unless we can make a business of it," he told the Canadian Radio-television and Telecommunications Commission.

The warning comes as the federal regulator opened two weeks of hearings on whether conventional TV stations must continue to give cable and satellite companies their signals for free, in exchange for a guaranteed place on the cable and satellite menu.

But CTV's arguments were disputed when it was the turn of cable company Rogers Communications to testify.

Rogers chief executive Nadir Mohamed said conventional television faces problems but "is not in a state of crisis" — and even if it is, it is one of its own making.

THE CANADIAN PRESS

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Local

Canucks hold benefit for charity

The Vancouver Canucks, including captain Roberto Luongo, left, held their annual Dice and Ice Benefit last night to raise money for Canuck Place Children's Hospice and the Canucks Autism Network. Last year, the "funny money" casino event raised $300,000.

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

MEMORIAL A memorial service for Bernd Dittrich, the Simon Fraser University quarterback who died last week, will be held Nov. 23 at SFU's West Gym. Dittrich died in hospital after he was found unconscious in the university's swimming pool.

AIRPORT The Vancouver Airport Authority will unveil its Olympic preparedness plan this morning. It will include a display of the airport's new snow-removal equipment.

SEXUAL ASSAULT A 25-year-old Vancouver woman was sexually assaulted in the lobby of a West End apartment Sunday morning. The woman was entering a building in the 900 block of Beach Avenue when a man ran up behind her and reached up her skirt.

FINE It could soon cost $10,000 to cut down a tree without a permit in Vancouver. A report to council today recommends increasing the bylaw fine.

BUDGET Vancouver city council will examine different budget options today that could include the elimination of almost 160 full-time jobs. The final recommendations will be presented to council in December.

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WHAT'S ONLINE TODAY

Blogs Sexcetera's Josey Vogels seeks stories from couples for her next book

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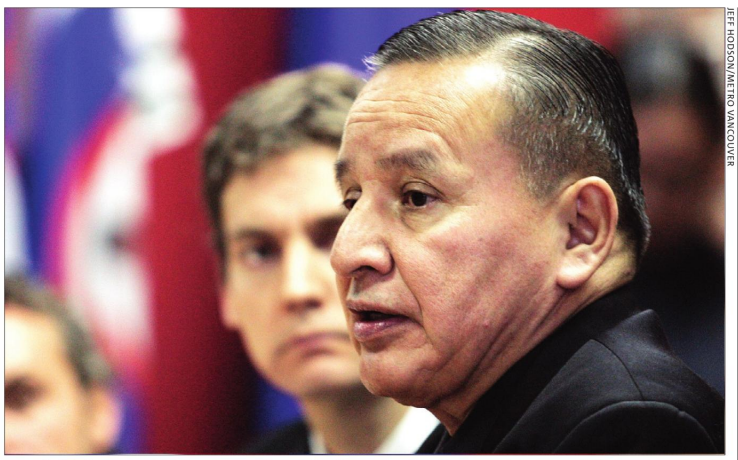

JEFF HODSON/METRO VANCOUVER

Grand Chief Stewart Phillip, right, with David Eby, executive director of the B.C. Civil Liberties Association, at a press conference at the Union of B.C. Indian Chiefs' headquarters in Gastown yesterday.

Video's release urged

Footage of alleged Tasering 'sickening': Chief

JEFF HODSON
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The B.C. RCMP are being asked to publicly release security footage that allegedly shows officers Tasering a hogtied Métis man in police cells before his in-custody death.

Clayton Willey, 33, died in Prince George in July 2003 after suffering cardiac arrest while being transported from the police station to the hospital in an ambulance.

Willey had allegedly been Tasered several times — with his hands hobbled to his ankles behind his back — as he lay face-down in police cells after a violent arrest in the parking lot of a Prince George mall.

A coroner's report blamed his death on a cocaine overdose.

Grand Chief Stewart Phillip, president of the Union of B.C. Indian Chiefs, is among those who police have let view an edited version of a security video.

The UBCIC and the B.C. Civil Liberties Association are asking that security tapes be made public.

Phillip said the footage — allegedly showing Willey being Tasered several times in push-stun mode while on the floor — is tougher to watch than the video of the RCMP Tasering of Robert Dziekanski at Vancouver's airport.

"It was sickening," Phillip said. "It was very difficult to watch. It stirred a deep anger within myself."

Leonard Cler-Cunningham, a journalist who is writing a book on aboriginal deaths in police custody, said RCMP are not releasing the video publicly out of privacy concerns for the dead man.

Cops mull joining ban on water bottle sales

DRINK Vancouver police are considering joining the city's ban on the sale of water bottles after fixing the funky water at most of their buildings.

Police had rejected joining the ban after testing found that water quality at four buildings was below Health Canada standards.

Since then, the department and the city have improved the water at three of four buildings.

The quality of water at the department's Cambie Street headquarters is still poor, but should improve with a filtration system retrofit.

Police would continue to use bottled water at demonstrations and events like the Celebration of Light, where drinking water is not readily accessible.

JEFF HODSON/
METRO VANCOUVER

Second flu wave may have peaked: Official

Flu Outbreak

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HEALTH With a decline in flu-related doctor's visits and an easing of pressure at B.C. Children's Hospital, the second wave of British Columbia's H1N1 outbreak may have now peaked, the province's health officer said yesterday.

"As of last Friday we had 42 confirmed or suspected H1N1 patients on ventilators, which is down slightly from the week before," said Dr. Perry Kendall.

"I'd still like to stress there is a potential, if you ignore the opportunity to get vaccinated, for us to see as many serious cases and deaths on the backside of the wave as we did on the front," he said.

"I'm not about to predict a third wave, but it is preventable. The more people who get immunized against H1N1 flu virus, the lower the number of people who may get sick."

What's to come

- There have been additional deaths and hospitalizations, but those numbers will be released today.
- Healthy members of the general public may be eligible for the vaccine in the next three weeks.

Kendall said flu-related visits in some emergency rooms up North continue to rise, and the region may be a week behind the rest of the province in their H1N1 experience.

Yesterday, the province-wide vaccination campaign expanded to include all children and teenagers, people over 65 with chronic health issues, first responders, and all health-care workers.

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Stolen medications worry police

THEFT A stolen sedative could cause death or serious harm if administered incorrectly, Vancouver police warned yesterday.

Ten one-millimetre vials of the sedative "Versed" or "Medazolam" were among the medications stolen when a paramedic's case was swiped early Sunday morning during a medical emergency outside GM Place.

Police are worried that someone could harm themselves by taking the sedatives incorrectly.

The case, which is valued at $2,400, is marked "EHS" or "BCAS."

METRO VANCOUVER

The type of paramedic case that was snatched outside GM Place on Sunday.

PHOTO COURTESY VANCOUVER POLICE

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Grouse Grind closed till spring

If you were hoping to tackle the Grouse Grind this year, you'll have to wait until spring. The grueling trail has closed for the season because of winter conditions, and adventurous hikers are being reminded it's not patrolled. METRO VANCOUVER

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Tradition trumps reform at temple

Young Sikh slate wins election in Surrey

A youth slate seeking a return to more traditional customs claimed victory yesterday in the weekend election at the Guru Nanak Sikh Temple in Surrey.

But members of the Sikh Youth said they weren't sure when — or if — their opponents would surrender control at the temple.

"It now remains to be seen whether the outgoing management will give charge of the Gurdwara Sahib to the youth slate or continue to drag out the process in courts as they have done for the last three years," Bikramjit Singh Sandher, a leader of the youth slate, said in a statement.

Sunday's vote was prompted by a B.C. Supreme Court order that set aside a victory by a youth slate last year, after finding irregularities in the nomination process.

The group said they received 13,458 votes, compared to 7,257 votes for the incumbents.

Control of one of the largest Sikh temples on the continent has been an issue since violence flared in 1997, largely over whether tables and chairs should be used in the temple dining hall.

Opponents of the furniture say it violates traditional Sikh values but Sandher says some tables and chairs will remain, for worshippers too old or ill to be comfortable on the floor.

The traditionalist youth said their aim is to reunite a divided congregation.

THE CANADIAN PRESS

Two face charges

DRUGS A man and woman are facing drug and weapons-related charges after police raided a home in Aldergrove and seized nearly $200,000 worth of narcotics, weapons, cash and Red Scorpion gang paraphernalia.

Police busted the home in the 26900 block of 26 A Avenue on Nov. 12, Const. Ian MacDonald said yesterday.

Officers found, among other things, $12,000 cash, $80,000 worth of cocaine, $25,000 worth of methamphetamine, weapons, ammunition and bulletproof vests.

Warrants have been issued for a 34-year-old man and a 23-year-old woman.

METRO VANCOUVER

News in brief

CHARITY The citizens of Abbotsford and Mission led Canada when it comes to charitable donations for the sixth straight year in 2008. The area had the highest — by far — median charitable donation at $600.

OLYMPICS VANOC is still looking for about 4,500 people to take part in the opening and closing ceremonies.

INFORMATION B.C. Ferries should be covered under the Freedom of Information and Privacy Act, the Canadian Taxpayers Association said yesterday. B.C. Ferries was removed from freedom of information laws in 2003, when the province restructured the organization.

WARNING The Insurance Corporation of B.C. warned pedestrians and motorists yesterday to use extra caution in the dark stormy conditions. Last November, there were 340 crashes on B.C. roads in which weather was a contributing factor.

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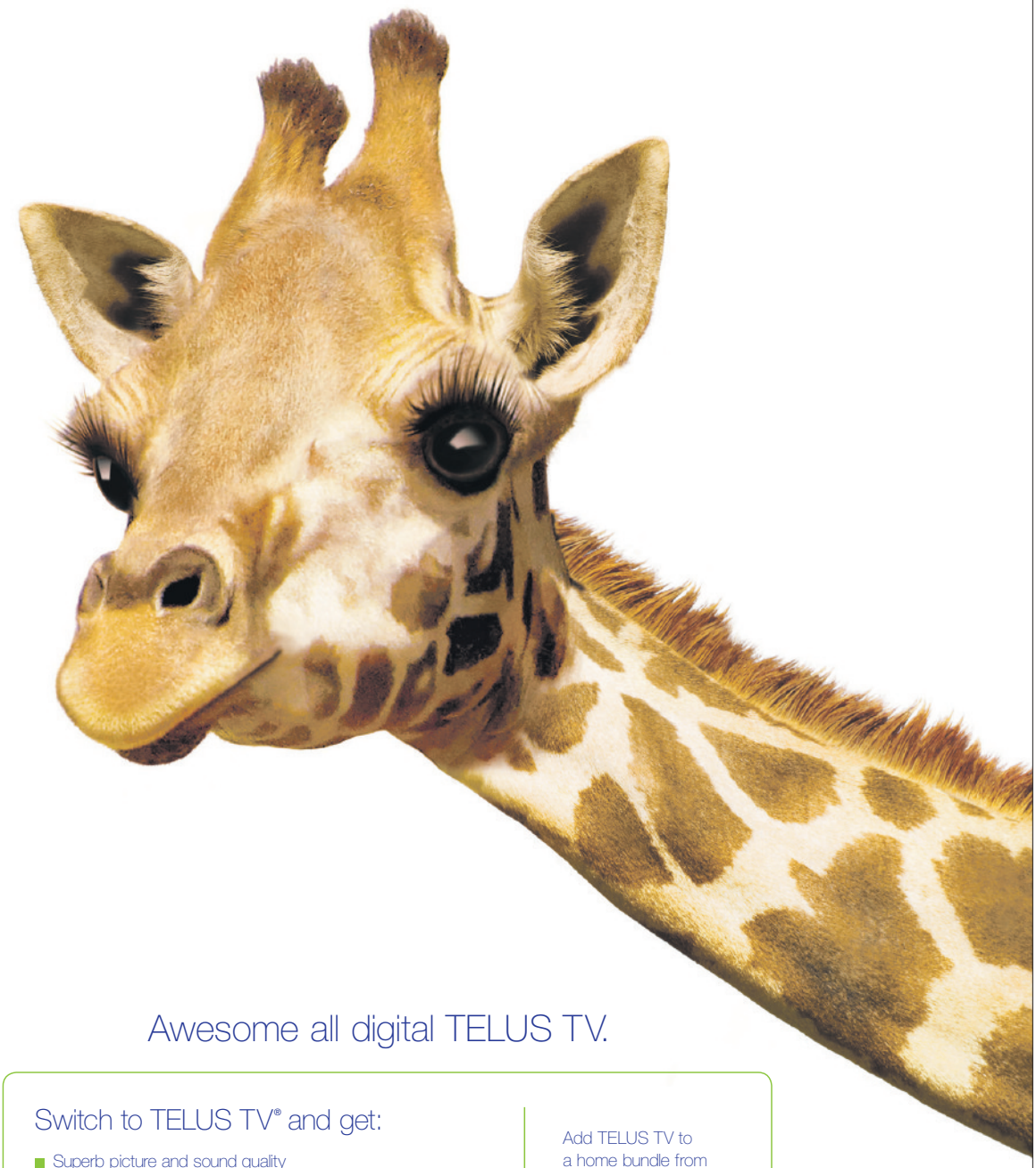

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Cat Empire show tonight

Aussie ska and funk band The Cat Empire take to the stage at the Commodore Ballroom tonight. The concert kicks off at 8 p.m. METRO VANCOUVER

Coke plans new bottles

VANCOUVER 2010 Games

Coca-Cola Canada says it will have new plastic packaging for its bottles at the 2010 Olympics in Vancouver, with 30 per cent of the material derived from plants.

Spokesman Dave Moran says the bottles will be used for a variety of beverages, including Coca-Cola, Fresca, Sprite, Fanta and Dasani, sold in B.C. and Alberta next year, and they will eventually be introduced elsewhere in Canada.

The bottle will carry labelling to inform consumers that plant-based material was used to make the plastic bottle.

Scott Vitters, director of sustainable packaging for Coca-Cola in Atlanta, says the plant components are derived from sugar cane and molasses coming from Brazil.

He says the new bottles will be recyclable, and there will be about two billion of them in the marketplace around the world by the end of 2010.

He adds that some day the company hopes to have a bottle that is entirely made of other kinds of non-food plant waste material, such as wood chips or wheat stalks.

THE CANADIAN PRESS

Coca-Cola Canada will have new plastic packaging for its bottles at the 2010 Olympics.

We're among top RRSP savers

STATS Vancouverites were second in the country when it came to contributing to RRSPs in 2008, according to Statistics Canada.

The median contribution in Vancouver was $3,300, meaning that half of all local taxpayers contributed more, half contributed less to registered retirement savings plans.

Calgarians contributed the most at $3,750 and Toronto followed Vancouver at $3,200.

Historically, those three cities have occupied the top spots.

Nationally, the median contribution was $2,700.

METRO VANCOUVER

News in brief

DEATH A 27-year-old man in Maple Ridge died Sunday morning after he was struck by a taxi while trying to cross Lougheed Highway. The incident, which is under investigation, occurred around 1 a.m. It was lightly raining and the man was wearing dark clothing.

METRO NEWS SERVICES

MVUAS

METRO VANCOUVER URBAN ABORIGINAL STRATEGY

The Metro Vancouver Urban Aboriginal Strategy (MVUAS) invites you to join us at two local community forums:

MVUAS Surrey Community Forum

November 21, 2009

at Kla-how-eya Aboriginal Centre of SACS
(13629 108th Ave in Surrey BC from 10:30 a.m. to 2:30 p.m.)

MVUAS Youth Forum

December 5, 2009

at the Native Education College
(285 East 5th Ave, Vancouver, BC from 12:00 p.m. to 4:00 p.m.)

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Diversity in Olympic coverage
Coverage of the 2010 Olympics will be broadcast in 22 languages, CBC News Online reports. Commentators will be drawn from around Canada. METRO NEWS SERVICES

Police suit settlement

Man claimed he was wrongly arrested

A man who claimed he was wrongly arrested by West Vancouver police has reached an out-of-court settlement of his lawsuit against the municipality.

Chief Const. Peter Lepine said in a release yesterday the department is committed to bias-free policing.

"We have learned, we have learned and we will use this lesson as an opportunity to move forward, better prepared to serve our community."

North Shore resident Donald Sipes received what police described as "fair compensation" as part of the settlement.

Sipes was arrested in January 2006 by officers investigating an attempted fraud at a nearby mall by a suspect described as having short spiky hair. Sipes, who had long curly hair at the time, was stopped and placed in handcuffs when he attempted to leave.

He allegedly had had a number of previous negative interactions with one of the officers involved, according to a release from the Pivot Legal Society, and he claims to have been stopped by police on 30 previous occasions without reason.

"This is my hometown, and every time I visit I'm afraid I'm going to be the target of further harassment and intimidation," Sipes said in September when he won a civil suit against West Vancouver police. "I just hope this case helps prevent this from happening to others."

Laura Track, a lawyer with Pivot, said the decision shows that police should not investigate themselves and that using the courts to hold officers accountable is an effective strategy. METRO VANCOUVER

News in brief

DEATH One person is in custody in connection with the death of a baby in Fraser Lake, west of Prince George. RCMP say the baby died suddenly early Sunday morning. The victim's name and cause of death have not been released.

AWARDS The 13th annual Cultural Harmony Awards are being handed out today to honour the Vancouver Adapted Music Society and Joy Manual, a children and families advocate. The recipients will be honoured with trees planted in their names near Vanier Park Thursday. METRO NEWS SERVICES

Compensation sought for Olympics air-traffic rules

2010 Small airlines and flying schools are facing disruptions caused by air-traffic restrictions during the 2010 Winter Olympics and they're looking for compensation.

The Air Transport Association of Canada is sending Prime Minister Stephen Harper a letter asking for between $3 million and $5 million to cover fixed costs they'll otherwise have to absorb during eight weeks of restrictions covering the Olympic and Paralympic Games.

Carriers flying into Vancouver from small B.C. communities will have to change their routes for about five weeks to ensure all flights go through security screening.

And Vancouver-area flying schools say they'll be all but shut down because of restrictions on where they can fly during that period.

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Montreal mulls larger subway cars

A larger, more expensive order for new Montreal subway cars could be announced by the end of 2009, says the head of the city's transit authority. Yves Devin said it's up to the Quebec government to announce if the order will be larger than the original forecast of $1.2 billion for 342 cars. THE CANADIAN PRESS

Canada

Green boss recalls lessons from farm

The new leader of Ontario's Green party still hasn't forgotten the lessons he learned growing up on a Kansas farm four decades ago. After all, that small farm is where Mike Schreiner — the Toronto entrepreneur who was the only candidate at a leadership convention in London this past weekend — says his green principles sprouted. "I think every farmer knows that your prosperity is dependent on healthy soil and a healthy environment," said Schreiner. THE CANADIAN PRESS

1 in 5 vaccinated for H1N1: Top doc

SWINE FLU The country's chief public health officer says Canada is leading the world when it comes to the percentage of its citizens vaccinated against the swine flu.

Dr. David Butler-Jones says about 20 per cent of the population has received the H1N1 shot in the last three weeks. Canada has about 33 million people.

"That's just unheard of," Butler-Jones said at an international conference on HIV/AIDS in Winnipeg yesterday.

"Already we've immunized more people than anybody else in the world as a percentage of our population." THE CANADIAN PRESS

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PM talks on India's industry

Harper praises Indo-Canadian partnership during hectic visit

Prime Minister Stephen Harper experienced the complexities and contradictions of India yesterday with a chaotic tour schedule that took him from the gritty and moving scene of a terrorist attack to Bollywood star power and the corridors of business power.

In a luncheon speech to a Mumbai investor audience at a posh hotel, Harper praised the long Indo-Canadian relationship and the huge Indian diaspora in Canada, while emphatically stating that more can be done.

"This South Asian tiger indeed has awoken, and the world is standing in awe," said Harper.

The prime minister later flew to New Delhi for talks with Indian government leaders.

It is Harper's first visit to India since he came to power almost four years ago. With critics complaining that his Conservative government has missed out on opportunities with an emerging economic superpower, Harper delivered an aggressive sales pitch that stressed both the work that's already been done and the promise of more.

"Let's do the math," Harper said. "Between us, our combined GDP is well on the way to $4 trillion. Yet at the moment we are only doing $5 billion worth of business per year. Where we are today is not where we ought to be." THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper watches a dancer as he appears on Dance Premier League, a reality dance contest show, during a stop at television studios in Mumbai, India, yesterday.

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Book accuses China of taking organs

A new book says China is still harvesting organs from Falun Gong prisoners for medical transplants.

The book, by former Liberal MP David Kilgour and lawyer-activist David Matas, is an update of two previous reports they produced on the Chinese organ trade. It says Falun Gong practitioners are held in labour camps by the tens of thousands and killed for their organs.

Kilgour and Matas say organs used in Chinese transplants are acknowledged to come from executed prisoners.

There is no system of voluntary donations.

But while the number of reported executions has fallen in recent years, the number of transplants has been relatively constant.

"The question is, where do the transplants come from?" Matas asked.

The book says they come from Falun Gong prisoners held in camps which are outside of the Chinese legal system.

China has repeatedly denied accusations that it exploits Falun Gong prisoners.

The book offers a series of recommendations, including punitive measures to cut China off from supplies of drugs used in transplants and a ban on allowing Chinese transplant doctors to train abroad.

It also urges Canada and other countries to adopt laws prohibiting people from travelling to China for transplants from unwilling donors.

THE CANADIAN PRESS

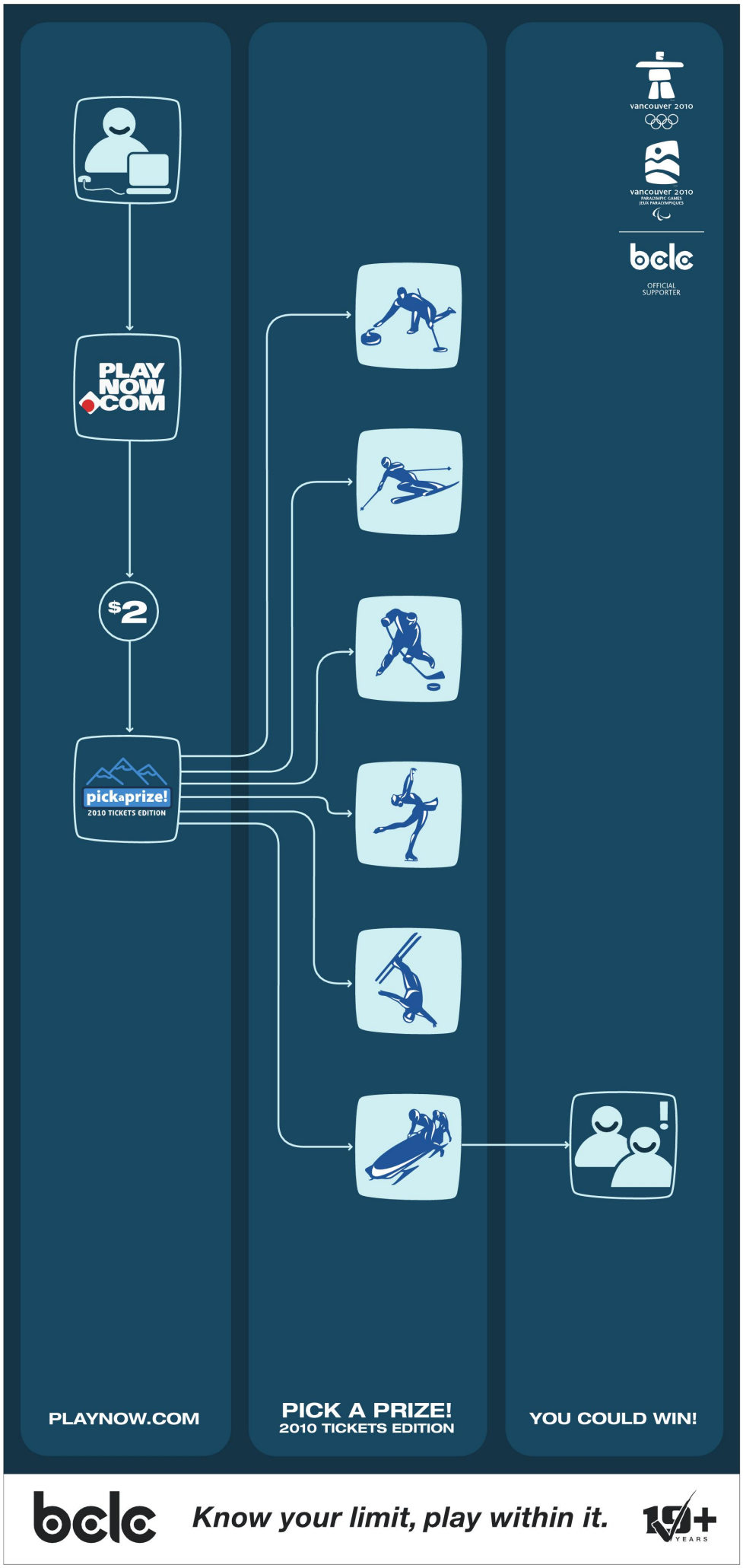
Fifth man files intent to appeal

BANDIDO TRIAL A fifth man convicted in the mass slayings of eight men associated with the Bandidos biker gang has declared his intent to appeal.

Brett Gardiner was convicted last month of six counts of first-degree murder and two counts of manslaughter.

He filed his inmate notice of appeal, on which he writes the verdict was "unreasonable."

THE CANADIAN PRESS



Smaller air companies seek money for Olympic traffic limits

VANCOUVER 2010 Games

DISRUPTIONS Small airlines and flying schools are facing disruptions caused by air-traffic restrictions during the 2010 Winter Olympics and they're looking for compensation.

The Air Transport Association of Canada is sending Prime Minister Stephen Harper a letter asking for between $3 million and $5 million to cover fixed costs they'll otherwise have to absorb during eight weeks of restrictions covering the Olympic and Paralympic Games in Vancouver.

Carriers flying into Vancouver from small B.C. communities will have to change routes for about five weeks to ensure all flights go through security screening. And Vancouver-area flying schools say they'll be all but shut down because of limits on where they can fly.

Association president John McKenna says they've brought their concerns to several federal ministers without success, so they're appealing directly to the prime minister.

If that doesn't work, McKenna says the association may go to court.

THE CANADIAN PRESS

Enviro dept. owed $2M, says audit

MONEY Environment Canada is trying to clean up a toxic spill on its balance sheets.

A recently released audit shows the department is owed some $2 million, and roughly a third of the late payments are overdue by more than a year.

But debt collectors at Environment Canada are struggling to get people to pay up — and they're not exactly threatening to kneecap those who can't cough up the cash on time. "There is a significant lack of follow-up both within the regional accounting offices and in departmental accounting," the audit says. The audit found debtors owed Environment Canada $2.2 million as of Feb. 6.

THE CANADIAN PRESS

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Comment

High times for Harper

NationalReport
Lawrence Martin

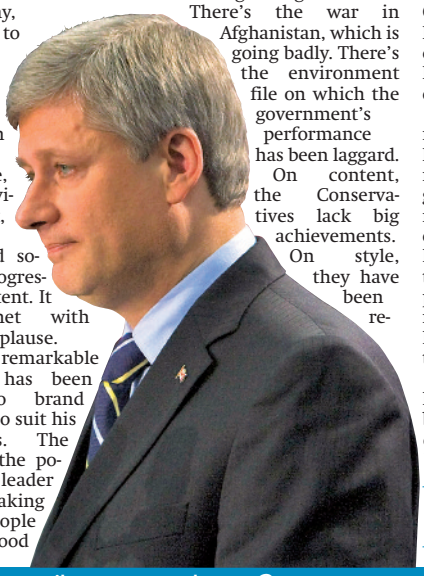
metronews.ca/nationalreport

Few could have predicted this — that a year after almost losing the government over his boneheaded budget update, Stephen Harper would be riding higher than ever.

A year ago, it looked that given his stumblings, given the oncoming recession, given the arrival of a new Liberal leader, this prime minister might be on his way out.

But here he is today with a big lead in the polls, a good showing in last week's byelections, his Liberal opposition reeling. He is defining the agenda to suit his conservative values. He is even scoring some points — who could have imagined his Beatles' song rendition? — in terms of personal appeal.

His conservative agenda — Stephen Harper's Canada — was stamped out in the revamped citizenship guide his government issued last week. It was heavy on pride in the Armed Forces, law and order, the monarchy, limits to cultural tolerance. It was light on gay marriage, the environment, health care and socially progressive content. It was met with much applause.



It is remarkable Harper has been able to brand Canada to suit his purposes. The skill of the political leader lies in making the people feel good about what's going on. On the face of it, Canadians don't have much to cheer about. They are not better off than they were four years ago. There's the recession and Ottawa's progress in fighting it is coming at a heavy cost — a looming huge deficit. There's the war in Afghanistan, which is going badly. There's the environment file on which the government's performance has been laggard. On content, the Conservatives lack big achievements. On style, they have been repeatedly criticized for their secrecy, heavy-handedness, one-man rule, all very much in contrast to its promise of a new era of transparency.

Their success is all the more surprising in that it bucks the trend to the south. In the United States, George W. Bush and Sarah Palin have tarnished the conservative brand. Barack Obama leads a liberal resurgence.

There's no such trend resurgence here. Here, Harper's conservatism is making Canadians feel good, or at least not dismayed, about what's going on. He's been lucky, helped along by the ineptitude of the Liberals. But in part, it's been the prime minister's craftiness that has made them appear that way.

Those of us who thought he would be on his way out by now were way off. He's on his way in. He may just be getting started.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Worth mentioning

Some might call it liquid gold

A beverage company has asked a team to drill through Antarctica's ice for a lost cache of some vintage Scotch whisky that has been on the rocks since a century ago.

The drillers will be trying to reach two crates of McKinlay and Co. whisky that were shipped to the Antarctic by British polar explorer Sir Ernest Shackleton as part of his abandoned 1909 expedition.

Whyte&Mackay, the drinks group that now owns McKinlay and Co., has asked for a sample of the 100-year-old scotch for a series of tests that could decide whether to relaunch the now-defunct Scotch.

THE ASSOCIATED PRESS

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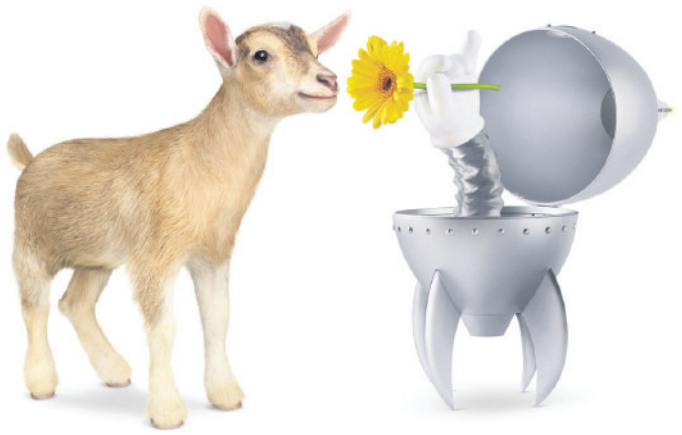

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France, Iraq sign deals
France laid the groundwork yesterday for deeper ties with Iraq, signing two deals with the country. THE ASSOCIATED PRESS

World

Greenpeace names new director

Kumi Naidoo, left, took over as director of Greenpeace yesterday, bringing experience honed as a teenage opponent of white rule in South Africa and a network of powerful contacts to the battle against global warming. Gerd Leipold, his predecessor at Greenpeace, said Naidoo's appointment is a watershed, both because he is the first African and because he is the first executive director to come from outside the organization. THE ASSOCIATED PRESS

Launch has tweeps a-Twitter

Atlantis lifts off as 100 fans take it all in from up close

NASA fans cheering on the shuttle and churning out constant Twitter updates, Atlantis sailed smoothly into orbit yesterday with six astronauts and a full load of spare parts for the International Space Station.

The supply run should keep the space station humming for years to come, and the shuttle astronauts in space for 11 days.

Atlantis was clearly visible as it shot through thin afternoon clouds, to the delight of Twittering space enthusiasts who won front-row seats to the launch.

The contest winners splashed news — mostly tweeting "wow" and "amazing" about the liftoff — over countless cellphones and computers in 140 characters or less.

"What's exciting to me is that they've captured the spirit and the excitement that we all feel, and they were able to capture it in a very few number of characters," NASA space operations chief Bill Gerstenmaier said with a chuckle.

"They're amazing, little, short statements about what they felt."

The space agency expects to keep the space station flying until 2015, possibly 2020 if President Barack Obama gives the go-ahead. During their 11-day flight, Hobaugh and his crew — including the first orthopedic surgeon in space, Dr. Robert Satcher Jr. — will unload the nearly 14,000 kilograms of equipment and experiments. THE ASSOCIATED PRESS

Fix-ups

- Atlantis will reach the space station tomorrow. NASA wants to stockpile as many pumps, tanks, gyroscopes and other oversize equipment as possible at the space station, before the three remaining shuttles retire next fall.

JOHN RAOUX/THE ASSOCIATED PRESS

Space shuttle Atlantis lifts off from the Kennedy Space Center in Cape Canaveral, Fla., yesterday.

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Memoirs of Mussolini's mistress paint ugly picture

ITALY Benito Mussolini was a fierce anti-Semite, who proudly said that his hatred for Jews preceded Adolf Hitler's and vowed to "destroy them all," according to previously unpublished diaries by the Italian Fascist dictator's longtime mistress. According to the diaries, Mussolini also talked about the warm reception he received from Hitler at the 1938 Munich conference — he called the German leader a "softy" — and attacked Pope Pius XI for his criticism of Nazism and Fascism.

On a more intimate note, Mussolini was explicit about his sexual appetites for his mistress and said he regretted having affairs with several other women.

The dairies kept by Claretta Petacci, Mussolini's mistress, between 1932 and 1938 are the subject of a book coming out this week entitled Secret Mussolini. Excerpts were published yesterday by Italy's leading daily Corriere della Sera.

Mussolini

Historians said the diaries appeared to be convincing and reinforced the image that Mussolini was strongly anti-Semiti. But they cautioned that these are the diaries of the dictator's lover — not Mussolini himself — and therefore must be taken with an extra grain of salt.

The Fascist dictator said that "there never was a pope as harmful to religion" as Pius XI and accused him of doing "undignified things, such as saying we are similar to the Semites," according to the excerpts.

For years, the Vatican has struggled to defend Pius' successor — the wartime Pope Pius XII — against claims he didn't do enough to save Jews from the Holocaust. THE ASSOCIATED PRESS

Evening with Gadhafi not what models expected

Libyan leader Moammar Gadhafi hosted a soiree in Rome for some 200 young Italian women, but instead of the party they expected the women were given a lecture on Islam and copies of the Qur'an, a news report said yesterday.

At least they got paid.

A reporter for Italy's ANSA news agency went undercover with the women, who were hired for around $80 by a modelling agency for the event Sunday evening. Journalist Paola Lo Mele said the women assembled at a hotel, where some where left behind because they were not tall enough or dressed modestly enough.

Those accepted were taken to a villa, where Gadhafi lectured them on women's rights and religion, and urged them to convert to Islam.

FILIPPO MONTEFORTE/THE ASSOCIATED PRESS

Libyan Leader Moammar Gadhafi attends the inaugural ceremony of a World Summit on Food Security organized by the United Nations Food and Agriculture Organization in Rome yesterday.

"All the girls expected a party with a gala dinner," Lo Mele told her agency. Instead, "he made a 45-minute speech on Islam and women's role in Islam. It was a bit of an indoctrination session." Lo Mele took pictures before and after the event, showing the women carrying Qur'ans they received as gifts.

Gadhafi was in Rome to attend a UN summit on world hunger. THE ASSOCIATED PRESS

Man sentenced in sex tourism ring

NEW JERSEY A small-time actor and former children's entertainer who was known for playing Santa Claus was sentenced yesterday to nearly 20 years in prison for his role in an international sex tourism ring that preyed on young children. Wayne Nelson Corliss, whose 2008 arrest was the culmination of an international manhunt, had admitted travelling to Thailand three times between 2000 and 2002 to have sex with at least two boys, ages six and nine.

"You have acted beyond the bounds of human decency," U.S. District Judge Joseph A. Greenaway told him. THE ASSOCIATED PRESS

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Two drug kingpins arrested separately in Venezuela
Venezuelan authorities have detained an Italian and a Colombian wanted on drug trafficking charges. Police captured 54-year-old Italian Walter Carapacci, who is wanted on charges of trafficking heroin to Europe. Police also captured Colombian Luis Mauricio Palacios Giraldo, who is wanted on drug trafficking and money laundering charges. THE ASSOCIATED PRESS

Gunmen kill 13 in Iraq

Men pulled from homes, shot execution-style

Gunmen in Iraqi army uniforms abducted and killed 13 people whose bodies were found yesterday with gunshot wounds to the head, including a local leader of Iraq's largest Sunni party, which once helped fight al-Qaida.

Police played down the incident as tribal violence in an attempt to defuse sectarian tension, but the political connection suggests the killings could also have been the work of insurgents or rival Sunnis vying for power before January elections.

Violence has dropped sharply in Iraq over the past year, but politicians and security officials have warned in recent weeks of a possible spike in violence in the run-up to the national polls as insurgents look to undermine the government and destabilize the country.

"It is a worrisome indication that the situation might be deteriorating."
Islamic Party statement

Gunmen wearing military uniforms knocked on doors and ordered the residents to step outside, saying they wanted to search the houses for weapons. The assailants then handcuffed 13 men, shoved them into a minibus and drove off, al-Zubaie said.

All 13 men were later found in a nearby cemetery, killed execution style with a bullet to the head, said the mayor and police official Waleed al-Zubaie.

The killings are reminiscent of those that plagued Baghdad at the height of the sectarian bloodshed of 2006 and 2007, when men, sometimes dressed in police or army uniforms, snatched people from their houses at night before killing them and dumping the bodies.

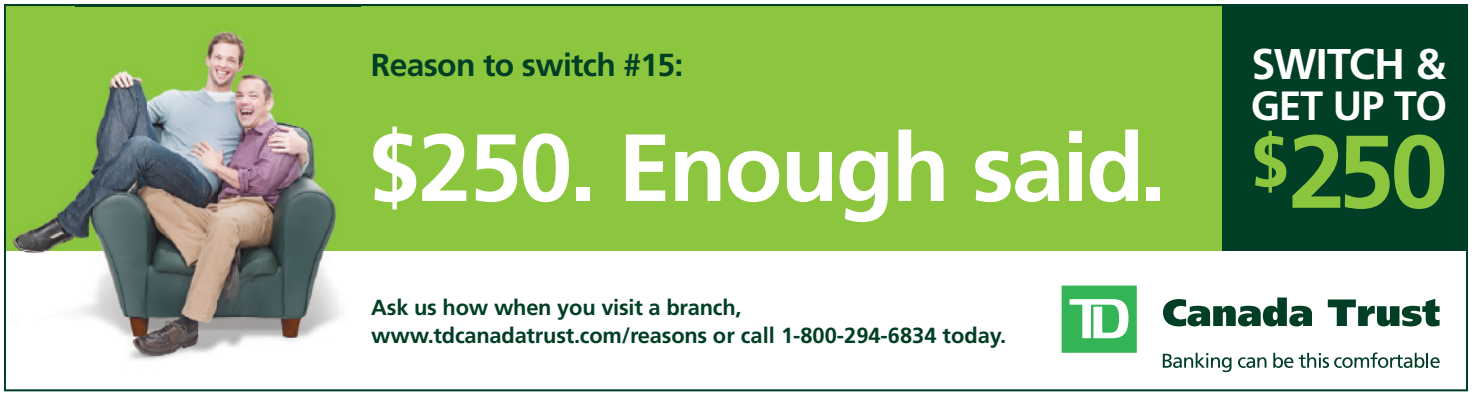
The Iraqi Islamic Party condemned the killings, describing them as a revenge attack against people who had helped stabilize the area.

"It is a worrisome indication that the situation might be deteriorating," the party statement read. "The people behind this crime are aiming at seeding insecurity and turmoil in the area." THE ASSOCIATED PRESS

Philippines **Fire leaves 700 homeless**

AARON FAVILA/THE ASSOCIATED PRESS

Filipino boys climb up a mound as residents salvage belongings from the remains of their burnt homes in Mandaluyong city, east of Manila, Philippines yesterday. The fire razed about 400 shanties and left some 700 families homeless, investigators said. No one was reported injured.



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Extremists given free rein: Group

BRITAIN Two of Britain's most high-profile Muslim extremists have been given free rein to recruit fellow inmates in prison and are spreading propaganda from behind bars, a think-tank founded by two former Islamic radicals said yesterday. London-based Quilliam Foundation said in a report that Muslim cleric Abu Qatada — once described as Osama bin Laden's ambassador in Europe — managed to smuggle out extremist propaganda from prison with the help of visitors, who then spread his message on the Internet. It said that another radical preacher, Abu Hamza al-Masri — the one-eyed, hook-handed cleric whose extradition is being sought by the United States — was able to hold sermons through the pipes that link cells. It said another inmate used his allotted phone calls to speak to an Islamic TV station. THE ASSOCIATED PRESS

Climate deal could hinge on two issues

There's not enough time to strike a detailed and binding deal at next month's Copenhagen conference on climate change but nations say it still can succeed if all 192 countries can agree on two sets of numbers.

Those numbers — how much money will be given to poor countries to adapt to global warming and how much industrial countries will reduce greenhouse gas emissions over the next 10 years — are highly contentious, and there's no guarantee that even the scaled-back ambition for a political agreement can be reached.

Cabinet ministers and top negotiators from 40 key countries convened yesterday for two days of closed-door meetings to prepare for the UN conference in the Danish capital, but were unlikely to try to set those specific numbers. That will remain for the summit next month.

But other crunch issues required discussion, officials said.

Key among them was how financing — more than $100 billion US a year within a decade — will be raised and delivered to countries in need. Also critical was how major emerging economies like India and China can help fight climate change, and how their contributions can be embedded in an international accord.

U.S. President Barack Obama, in Beijing, put climate change on top of his agenda for talks with President Hu Jintao, looking to increase collaboration on green energy and joint research projects, but the two leaders were not expected to discuss specific targets to be set out at Copenhagen.

U.N. Secretary General Ban Ki-moon was upbeat about Copenhagen's prospects.

"There is no cause for alarm," he said in Rome during a conference on food security. "We can still reach a significant agreement in Copenhagen that will provide the foundation for a treaty next year." THE ASSOCIATED PRESS

Succeeding Kyoto

• The Copenhagen agreement is meant to succeed the 1997 Kyoto Protocol, which set emissions targets for 37 industrialized countries. The U.S. rejected Kyoto as economically damaging and unfair since it made no demands of rapidly growing economies. The Obama administration wants to be included in the new accord. But its reluctance to commit to emissions targets or financing until U.S. Congress completes domestic legislation was partly responsible for delaying a legally binding international accord.

News in brief

GEORGIA A U.S. Army cook and single mother could face criminal charges after she refused to deploy to Afghanistan, saying no one could care for her 10-month-old son. Commanders at Hunter Army Airfield in Savannah had 21-year-old Spc. Alexis Hutchinson arrested by military police Nov. 6. She remained confined to the Army post Monday while her case is investigated. Her attorney says Hutchinson planned for her mother in California to keep the child during her year-long deployment. But Hutchinson's mother decided she couldn't because she's caring for three other relatives with illnesses and special needs. Hunter Army Airfield spokesman Kevin Larson says no charges have been filed.

ABUSE Three brothers who claim they were sexually molested by their Boy Scout and Mormon youth leader in the 1970s and 1980s have sued both organizations. The suit filed in San Francisco Superior Court alleges that church officials in Sunnyvale ignored complaints of abuse from the three boys and failed to notify authorities. The plaintiffs, identified in the suit only as John Does, say they were molested hundreds of times by the man. The suit identifies the former scout and church leader as 65-year-old William E. Knox, a Georgia resident. THE ASSOCIATED PRESS

Johnston not in a 'healthy place,' Palin says

Sarah Palin says it's "a bit heartbreaking" to see the road the father of her grandson has taken. The former Alaska governor and former Republican vice-presidential candidate appeared on Monday's episode of "The Oprah Winfrey Show," saying Levi Johnston is on a road that is "not a healthy place to be." THE ASSOCIATED PRESS

Obama careful on China trip

President Barack Obama is walking a tightrope on his first trip to China, seeking to enlist help in tackling urgent global problems while weighing when and how — or if — he should raise traditional human rights concerns.

Obama arrived in Shanghai late at night, in a driving rain, hustling through a phalanx dignitaries to reach his limousine. On Monday, the president is holding talks with local politicians and, in one of the marquee events of his weeklong Asian trip, conducting an American-style town hall discussion with Chinese university students.

Thirty years after the start of diplomatic relations between the two countries, the ties are growing — but remain mixed on virtually every front. The two nations are partnering more than ever on battling global warming, but they still differ deeply over hard targets for reductions in the greenhouse-gas emissions that cause it. China has supported sterner sanctions to halt North Korea's nuclear weapons program, but it still balks at getting aggressive about reining in Iran's uranium enrichment. THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama greets students at the Museum of Science and Technology in Shanghai yesterday.

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UN court overturns genocide conviction

TANZANIA A UN appeals court yesterday overturned the conviction of the former Rwandan president's brother-in-law, who had been sentenced to 20 years for organizing a massacre that left about 1,000 dead during the 1994 genocide.

The judge said serious errors had taken place during Protais Zigiranyirazo's 2008 conviction and sentencing, and ordered him to be released immediately. Zigiranyirazo, 71, stood in disbelief in the courtroom on Monday.

"God is great and justice has been done," he told The Associated Press after the judge overturned the sentence.

At least 500,000 ethnic Tutsis and moderate Hutus were killed during Rwanda's genocide, which began after President Juvenal Habyarimana's plane was brought down in April 1994. Zigiranyirazo, an influential member of the Rwandan government at the time, was his brother-in-law.

Judge Theodor Meron said the trial judgment had "seriously erred in its handling of the evidence."

THE ASSOCIATED PRESS

Limits on bluefin tuna fishing not enough: Groups

WILDLIFE Environmentalists yesterday said an international deal to reduce catches of Atlantic bluefin tuna didn't go far enough to protect the species from extinction.

The International Commission for the Conservation of Atlantic Tunas decided at a meeting Sunday in Brazil to limit 2010 catch quotas to 13,500 tons to prevent overfishing of the much sought-after tuna, the European Union said.

THE ASSOCIATED PRESS

Danone to buy back up to 1.25 billion in bonds to cut debt servicing costs

Danone SA, the bottled water and dairy goods producer yesterday launched a cash offer to buy back up to 1.25 billion of its bonds to cut interest charges and lower debt. The Paris-based company said the offer is scheduled to run to Nov. 24. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bank needed better tabs: Lawyer

The lawyer for a woman who is suing Scotiabank over alleged unpaid overtime says the bank was loose with its record keeping when it came to extra work hours.

Louis Sokolov told an Ontario court hearing the class-action lawsuit that Scotiabank's head office policy and the actual procedure on overtime at local branches was at odds, resulting in many employees working hours they weren't being paid for.

Suit

- The suit, filed in 2007, includes any full-time sales staff who worked at bank's retail operations after 2000.

Sokolov is representing Cindy Fulawka, who is heading the suit against the bank for about 5,000 employees working as personal or senior bankers, financial advisers and account managers for small businesses.

Sokolov told the court that his client is one of few Scotiabank branch employees with the ability to make a direct claim against the bank.

He says many Scotiabank workers would not pursue claims against their employer for fear of repercussions. They work for modest wages, are not unionized and have little job security, he added.

A lawyer for the bank refuted those claims, and will present his today.

THE CANADIAN PRESS

m.metronews.ca

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In brief

REPORT Manufacturing sales rose 1.4 per cent in September to $41.7 billion, largely reflecting increases in the motor vehicle industry. StatsCan reports manufacturing sales have increased in three of the past four months after dropping to a recent low of $38.5 billion in May. THE CANADIAN PRESS

October home sales improve 41.5 per cent

HOUSING MARKET Canadian home resales improved 41.5 per cent year over year to 42,288 units in October, a record for the month, according to the Canadian Real Estate Association.

The national average price for homes listed on the Multiple Listing Service also reached a new high in October at $341,079. This was 20.7 per cent higher than the same time last year.

New sales records for the month were reported in one-fifth of local markets, including Ottawa.

The sharp rise in demand for homes has shrunk inventories to 194,994 or a seasonally-adjusted 4.1 months worth, the lowest level in more than two years and 20.8 per cent below the peak reached a year ago.

Seasonally adjusted new listings on MLS were slightly higher in October compared to September at 65,148 units. New listings peaked in May 2008.

THE CANADIAN PRESS

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Lima From $790 + taxes & fees $215
Bangkok from $829 + taxes & fees $290
Auckland from $1049 + taxes & fees $382
Sydney from $1099 + taxes & fees $382
Johannesburg from $1199 + taxes & fees $350

Sun Airfares
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Puerto Vallarta from $199 + taxes & fees $265
Honolulu from $399 + taxes & fees $104
Maui from $439 + taxes & fees $104

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Punta Cana 7 Nights 4-Star from $597 + taxes & fees $312
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Los Cabos 7 Nights 5-Star from $797 + taxes & fees $174
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Cruise Vacations
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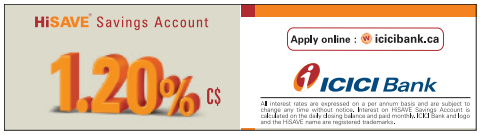
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Clear credit card debts

MoneyMatters

Q I have thousands invested in shares. I also have a large balance on my credit cards but always make the minimum payment. I have read that it is important for me to pay off my credit cards first. Why? I would have no investments with this approach and therefore have little for retirement.

— Amir

A Investing is more than holding stocks. An investment objective should be to increase your net worth year over year but not lose sight of long-term goals.

You would increase net worth (assets less liabilities/debt) faster if you paid off debt before buying shares. Some critics may argue that buying shares could give better returns than the interest paid on the debt. That's a possibility, but "could" comes with unknowns and risk. Your returns are not guaranteed. Paying down debt is a guaranteed increase in net worth. When you eliminate debt, you increase net worth and cash flow for future investment. Only then, look at buying into the market.

Debt elimination is not as colourful as forecasting the next oil or IT darling but it gives results.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Warranties yield gold

AlisonOnMoney

A couple of months ago I got fed up with the fraying and splitting rubber sleeve on the foaming wand of my Breville espresso machine and called up the manufacturer to complain. A sweet lady apologized and said she'd send a replacement out right away by courier. Free, no less.

That easy and satisfying solution got me thinking about all the times I've benefited from warranties, sometimes unexpectedly.

A few years back, I took my collection of Henckel knives into a free sharpening clinic. One of my favourites had the point broken off after some unauthorized workshop surgery done by my husband years earlier. Even though I confessed to my spouse's crime, the manufacturer's representative took one look at it, furrowed his brow as if the knife was at fault and said, "That shouldn't happen." Voilà, a brand new implement.

On another occasion we ordered a replacement for our Frigidaire fridge, by then a year or so past the warranty. When the repairman delivered it he noticed a crack on the plastic base of the fridge and said, "I think that that's a new fridge." We were stunned when a new one showed up a couple of weeks later. We had forgotten that there was a 20-year warranty on the liner.

Similarly, Obus Forme replaced the back and seat of a 10-year-old office chair. Again, we'd forgotten those parts carried a lifetime part guarantee.

Almost everything we buy, from vice grips to light bulbs, has some kind of guarantee attached and sometimes manufacturers will even replace items after the warranty has expired — you won't know until you ask.

Yes, some manufacturers don't stand behind their product but my experience is that mostly they do, especially those located in Canada or the U.S. Mining your warranties can pay off in thousands of dollars of replacement items over the years.

Alison's Money Rule:

- Product warranties are like gold nuggets buried in the ground — you just have to dig them up and put them to good use.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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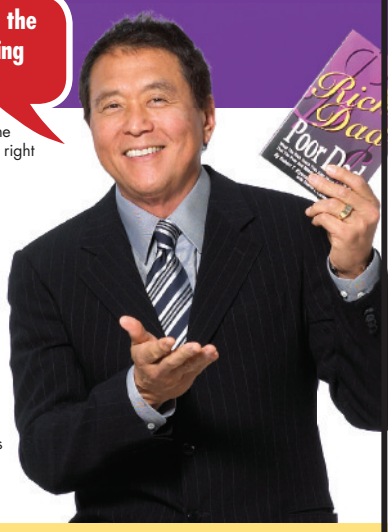

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Read Kids' Metro! *Special edition out on Friday, 20th*

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On Friday, November 20th, it's Kids Day at Metro! We're celebrating the 20th anniversary of the adoption of the Convention on the Rights of the Child by the United Nations. Read about the leaders of the future: and find out what Canadian kids would do if they ruled the world. Also an exclusive interview with Annie Lennox on her children campaign.

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You wouldn't learn to drive without an instructor, so why invest your hard-earned money online without guidance?

For many investors new to the self-directed investing world, the idea of taking command of their money can be in equal parts exciting and nerve-wracking, since no one wants to make a mistake with their own hard-earned money, and the options can feel so overwhelming.

Jason Storsley, president and CEO of RBC Direct Investing, says the biggest hurdle direct investors face is gaining the confidence they need to feel like they can succeed.

"Being a self-directed investor is really about building confidence and ensuring the decisions you make are the right decisions for you," Storsley said.

Contrary to what the online investment world was like many years ago, a majority of online investors today are not sophisticated day traders but regular people looking to meet their own, varied financial goals with direct investing.

Many more first-time investors are going online every day, and Storsley says the overwhelming message they are projecting is that while they want to take control of their own investments, they don't want to be left out in the cold.

"What we're hearing from our investors is they do want to do this themselves but they don't want to do it by themselves — they're looking for some guidance," Storsley said.

Going it alone can be a daunting prospect for even the most seasoned investors so RBC offers a wealth of help and advice in its guidance and planning section on the main direct investing site. There, investors can get informed on all aspects of the investment world, starting with basic concepts and goals all the way up to advanced trading and investment strategies.

For newer investors, having a strong understanding of the investment process will give them a powerful foundation from which to build a successful investment strategy.

"You need to know things like, 'How do I start and how do I even set investment goals?'" Storsley said.

With the personalized learning section, you can create a learning plan that will be tailored to your specific needs and investment goals.

Savvy traders might want to learn about advanced equity and options trading and strategies, while newer investors might want to get a better grip on how mutual funds work.

Whatever your knowledge level, creating a personalized learning plan on the RBC Direct Investing site is a great way to put expert advice to work for you.

"It really is a place where an investor can develop a tailored learning plan that will be fitted to his or her individual needs and objectives," Storsley said.

Once you've grasped the knowledge you need, the next step is to determine just what kind of investor you are based on what your goals are.

Do you want to try and maximize your returns in a shorter period of time and can manage some risk or are you looking to step in for the long term with less intense investments that provide steady growth?

How you see yourself, your needs and your investment objectives will be a strong determiner of what kind of investment strategy you should pursue.

"You need to think, 'Do I have goals that are short-term or long-term?' Your portfolio will look very different depending on your answer to that question," Storsley said.

Storsley says among RBC direct investors the three most popular investment objectives tend to be planning for retirement, saving for a home and trading for profit, and RBC Direct Investing offers investors learning and investment plans already set up to reach those goals.

For investors that are ready to implement their investment strategies but don't want to risk real money just yet, a practice account with RBC Direct Investing makes it easy to see the outcome of investment decisions without having to risk anything.

"You can evaluate your performance in a risk-free environment without putting your own money on the line," Storsley said.

If you think direct investing is right for you, make sure to use every resource you have at your disposal.

"Our clients are asking for guidance and tools more and more because more of our clients are getting interested in self-directed investing — and that takes guidance, careful planning and consideration," Storsley said.

On the web

- For more on RBC Direct Investing, log on to rbcdirectinvesting.com.

Many online investors today are regular people looking to meet their own financial goals.

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Mercedes buys Brawn GP

Mercedes-Benz is taking over Formula One champion Brawn GP and plans to end its stake in McLaren. Mercedes-Benz said yesterday that Brawn would race in 2010 as the Mercedes GP team. THE ASSOCIATED PRESS

Sports

Rodman detained in Germany

Former NBA star Dennis Rodman, left, was temporarily detained in Germany after a hotel said he skipped out on a $5,100 US hotel bill. Organizers of an exhibition game in the town of Trier had agreed to pick up the tab for Rodman's hotel, but not an additional $5,100 for beverages consumed at a party he held there. Rodman later paid the bill along with an additional $2,500 to dismiss possible legal proceedings. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Injuries make Canucks a difficult club to assess

HOCKEY One-quarter of the way into the National Hockey League season, Vancouver Canucks head coach Alain Vigneault still doesn't know what kind of team he has.

Vigneault's Canucks have been decimated by injuries so far this season. Roberto Luongo missed six games before returning last week, Daniel Sedin has only played in four contests in all and Pavol Demitra has yet to lace up the skates.

Depth players like Sami Salo, Mathieu Schneider, Michael Grabner and Jannik Hansen have also missed significant time, making it difficult for Vigneault to assess where his team is at.

"We haven't had our team at all this year at any one time," Vigneault said yesterday. "We do believe that we've got a good group here but until we see most of the guys back, it's tough to evaluate exactly where we are."

Vancouver entered play yesterday tied for seventh in the Western Conference with 22 points. But the Canucks have also played 21 games, second only to the conference-leading San Jose Sharks.

THE CANADIAN PRESS

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Running from trouble

Printers' legs key to his success at QB, Lions coach says

Casey Printers is becoming a better quarterback because he's using his athletic ability to scramble out of trouble, says B.C. Lions coach Wally Buono.

Printers made several Houdini-like escapes from the Hamilton pass rush Sunday while leading the Lions to a 34-27 overtime victory over the Tiger-Cats in the CFL's East Division semifinal.

His feet also bought time to throw the ball away rather than force a pass into coverage or take a sack as the Lions advanced against the Montreal Alouettes in Sunday's division final.

"That's what we want Casey to be and I think that's what he wants to be," Buono said yesterday of Printers' scrambling ability that helped B.C. win for the first time in his four starts.

"He wants to be a quarterback that can dissect you and hurt you from the pocket, but he also shows that when he gets outside the pocket he's got to be dealt with."

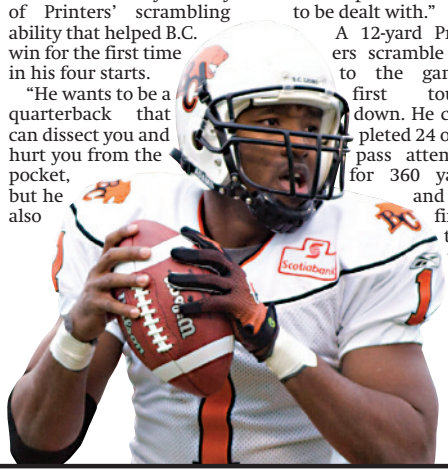
A 12-yard Printers scramble led to the game's first touchdown. He completed 24 of 35 pass attempts for 360 yards and his final toss was the game's last TD, eight yards to Ian Smart coming out of the backfield.

But his scrambling, rather than staying in the pocket, adds another dimension to the Lions' attack, Buono said.

"The more he can do both, the more dangerous he gets. You have to be concerned about the coverage, but you also have to be concerned about him.

"Do you put the extra guy in coverage or do you put the extra guy on the quarterback? When you have that kind of a compromise it puts a tough task to the defence."

THE CANADIAN PRESS



Casey Printers

Ronaldo back with Madrid
Cristiano Ronaldo returned to regular training with Real Madrid yesterday as part of his recovery from a serious ankle injury. Ronaldo injured his right ankle on Sept. 30 but hasn't played since aggravating the problem while playing for Portugal on Oct. 10. THE ASSOCIATED PRESS

JOHN LOCHER/THE ASSOCIATED PRESS
UFC fighter Brock Lesnar, pictured in a fight earlier this year, will require surgery for an intestinal disorder.

Lesnar's career in jeopardy

Ultimate Fighting heavyweight champion Brock Lesnar's fight career could be in jeopardy due to an intestinal illness that will require surgery, according to mixed martial arts impresario Dana White.

UFC president White told the TMZ website yesterday that Lesnar was "very, very sick" with an intestinal disorder that will require surgery, and that he will try to get the 32-year-old admitted to Minnesota's Mayo Clinic.

"I know what's wrong with him, he just doesn't want me talking about it."
UFC president Dana White

White said Lesnar, who was diagnosed with mononucleosis earlier this month, collapsed a week ago while resting at his Canadian vacation property and has since been hospitalized.

"There's a possibility Lesnar will never fight again," White told TMZ. Lesnar, who is 6-foot-3 and 265 pounds and has an outsized personality to match, has not been heard from for three weeks. He was to defend his heavyweight belt in January against Shane Carwin, but that bout, already rescheduled once before amid rumours that Lesnar had contracted the H1N1 virus, has again been put off.

"He's got mono and he's got something else wrong with him," White said Saturday after UFC 105 in England.

"I know what's wrong with him, he just doesn't want me talking about it. He doesn't have cancer or AIDS or anything like this, (but) he's got some problems, man."

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d-New Jersey	19	14	5	0	28
d-Washington	20	12	4	4	28
d-Buffalo	17	12	4	1	25
Pittsburgh	21	14	7	0	28
Philadelphia	17	11	5	1	23
NY Rangers	20	11	8	1	23
Boston	20	9	7	4	22
Tampa Bay	18	8	4	6	22

Atlanta	17	10	6	1	21
NY Islanders	21	7	7	7	21
Ottawa	17	8	6	3	19
Montreal	20	9	11	0	18
Florida	18	7	9	2	16
Toronto	18	3	10	5	11
Carolina	19	3	12	4	10

WESTERN CONFERENCE

	GP	W	L	OL	PT
d-San Jose	22	14	4	4	32
d-Colorado	20	12	5	3	27
d-Chicago	19	12	5	2	26
Los Angeles	22	13	7	2	28
Calgary	18	12	4	2	26
Columbus	19	11	6	2	24
Detroit	18	10	5	3	23
Phoenix	20	11	9	0	22

Dallas	19	8	5	6	22
VANCOUVER	**21**	**11**	**10**	**0**	**22**
Nashville	18	9	8	1	19
Edmonton	21	8	10	3	19
St. Louis	18	6	8	4	16
Minnesota	20	7	11	2	16
Anaheim	19	6	10	3	15

YESTERDAY
Columbus 3 Edmonton 2 (SO)
Boston 4 N.Y. Islanders 1
Philadelphia 3 New Jersey 2
Pittsburgh 5 Anaheim 2
Los Angeles 4 Florida 3 (SO)
Tampa Bay 4 Phoenix 1

TODAY
Toronto at Ottawa
Washington at N.Y. Rangers
Carolina at Montreal
San Jose at Nashville
Colorado at Calgary

d - division leaders ranked 1-2-3 regardless of points.

NFL

AFC

EAST

	W	L	T	PCT
New England	6	3	0	.667
Miami	4	5	0	.444
N.Y. Jets	4	5	0	.444
Buffalo	3	6	0	.333

SOUTH

	W	L	T	PCT
Indianapolis	9	0	0	1.000
Jacksonville	5	4	0	.556
Houston	5	4	0	.556
Tennessee	3	6	0	.333

NORTH

	W	L	T	PCT
Cincinnati	7	2	0	.778
Pittsburgh	6	3	0	.667
Baltimore	5	4	0	.556
Cleveland	1	8	0	.111

WEST

	W	L	T	PCT
Denver	6	3	0	.667
San Diego	6	3	0	.667
Kansas City	2	7	0	.222
Oakland	2	7	0	.222

NFC

EAST

	W	L	T	PCT
Dallas	6	3	0	.667
Philadelphia	5	4	0	.556
N.Y. Giants	5	4	0	.556
Washington	3	6	0	.333

SOUTH

	W	L	T	PCT
New Orleans	9	0	0	1.000
Atlanta	5	4	0	.556
Carolina	4	5	0	.444
Tampa Bay	1	8	0	.111

NORTH

	W	L	T	PCT
Minnesota	8	1	0	.889
Green Bay	5	4	0	.556
Chicago	4	5	0	.444
Detroit	1	8	0	.111

WEST

	W	L	T	PCT
Arizona	6	3	0	.667
San Francisco	4	5	0	.444
Seattle	3	6	0	.333
St. Louis	1	8	0	.111

SUNDAY
Arizona 31 Seattle 20
Carolina 28 Atlanta 19
Cincinnati 18 Pittsburgh 12
Green Bay 17 Dallas 7
Jacksonville 24 N.Y. Jets 22
Kansas City 16 Oakland 10
Miami 25 Tampa Bay 23
Minnesota 27 Detroit 10
New Orleans 28 St. Louis 23
San Diego 31 Philadelphia 23
Tennessee 41 Buffalo 17
Washington 27 Denver 17
Indianapolis 35 New England 34

YESTERDAY
Baltimore 16 Cleveland 0

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	PCT	GB
Boston	8	3	.727	-
Toronto	5	5	.500	2.5
Philadelphia	4	6	.400	3.5
New York	1	9	.100	6.5
New Jersey	0	10	.000	7.5

SOUTHEAST DIVISION

	W	L	PCT	GB
Atlanta	9	2	.818	-
Miami	7	2	.778	1
Orlando	8	3	.727	1
Charlotte	3	7	.300	5½
Washington	2	7	.222	6

CENTRAL DIVISION

	W	L	PCT	GB
Cleveland	7	3	.700	-
Milwaukee	5	3	.625	1
Indiana	4	3	.571	1.5
Chicago	5	4	.556	1.5
Detroit	5	5	.500	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	PCT	GB
Dallas	8	3	.727	-
Houston	6	4	.600	1.5
San Antonio	4	4	.500	2.5
New Orleans	3	8	.273	3
Memphis	2	8	.200	5.5

NORTHWEST DIVISION

	W	L	PCT	GB
Denver	7	3	.700	-
Portland	8	4	.667	-
Oklahoma City	5	5	.500	2
Utah	4	6	.400	3
Minnesota	1	10	.091	6½

PACIFIC DIVISION

	W	L	PCT	GB
Phoenix	9	2	.818	-
L.A. Lakers	7	3	.700	1.5
Sacramento	5	4	.556	3
L.A. Clippers	4	7	.364	5
Golden State	3	6	.333	5

YESTERDAY
Atlanta 99 Portland 95 (OT)
Orlando 97 Charlotte 91
Dallas 115 Milwaukee 113 (OT)

TODAY
Toronto at Denver
Golden State at Cleveland
Indiana at New Jersey
Oklahoma City at Miami
L.A. Clippers at New Orleans
Phoenix at Houston
Chicago at Sacramento
Detroit at L.A. Lakers

Sports in brief

OVECHKIN Two-time reigning league MVP Alex Ovechkin appears set to return from his injury layoff when the Washington Capitals visit the New York Rangers tonight.

BASEBALL Florida Marlins outfielder Chris Coghlan is the National League Rookie of the Year, and Oakland Athletics closer Andrew Bailey is the AL winner. Coghlan edged Philadelphia Phillies pitcher J.A. Happ in a close race, while Bailey, an all-star in his first season, was selected first on 13-of-28 ballots and finished with 88 points. METRO NEWS SERVICES

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Schools tackle H1N1

ANDREA WOO
for Metro Canada

As H1N1 counterattacks are well underway in hospitals and doctors' offices across the country, colleges and universities are also stepping up their efforts to ensure the safety of students.

At the University of Victoria, where several cases of H1N1 were diagnosed among students and staff during the summer and early fall, an advisory planning group has met weekly since July to manage response and develop preventative measures.

"Given that H1N1 disproportionately targets young people, the university continues to take the H1N1 outbreak very seriously," said Patty Pitts, UVic's manager of media relations.

"Given that H1N1 disproportionately targets young people, the university continues to take the H1N1 outbreak very seriously." Patty Pitts, University of Victoria

Food services is also developing a "grab and go" meal service, so sick students can avoid infecting others by not eating in the communal dining room. Also, fridges stocked with nutrition packs, soup, juice and Jello have been installed in various residence locations.

Pitts says the university has also established "self-contained rooms" where students who need to be separate from their residence communities can be housed; however, they have not yet had to use them.

For the fall 2009 semester, doctors' notes are not required for absences of less than two weeks.

Similarly, the University of Calgary has launched an information campaign to let students know how to stay healthy through basic hand-washing and other preventative measures.

"It also makes sure that students and staff are aware of all the health services available on campus and in the larger Calgary community if they are sick," said Grady Semmens, associate director of media relations.

As well, it has set up hand-sanitizer stations in high-volume areas, stockpiled protective gear such as gloves and masks in its residences and is in discussion with Alberta Health Services about the possibility of providing H1N1 vaccinations on campus.

It has also relaxed regulations requiring students to provide a doctor's note if they have missed more than five days of school due to flu illnesses.

At York University, the institute's Pandemic Planning Committee has installed hand-sanitizer stations in high-traffic areas and posted hand-washing posters in all washrooms and cafeterias.

Students sick with flu-like symptoms are asked to stay home and arrange a deferred standing agreement upon their return.

Students sick with flu-like symptoms are asked to stay home.

Alex Bilyk, York's director of media relations, said there are no significant of H1N1 cases to report.

U of Ottawa prof set to discuss health risks at WHO event

A professor from the University of Ottawa will be discussing health risks and H1N1 in France next month.

TRACEY TONG
Metro Canada

A professor from the University of Ottawa hopes to gather perspectives from around the world in terms of risks such as H1N1 and beyond, when she attends an international working group in Lyon, France, next month.

From Dec. 1 to 3, Louise Lemyre — a professor at uOttawa's School of Psychology and the McLaughlin research chair on the psychosocial aspects of risk and health — is attending a group assembled by the World Health Organization to discuss the communication of health risks, as well as the H1N1 virus.

The objective: To devise a worldwide training and assessment strategy as part of an international policy on health risk communication.

Although H1N1 is one of the risks to be considered, "the strategy will be more generic," said Lemyre. "It will also cover transmission from animals, risk from food, and other risks," she said.

While Lemyre will be there as a part of the Canadian representation, there will be representatives from all over the world.

The working groups are interactive, and Lemyre said she'll bring her experience and "will learn strategies from other countries that can be applied here in Canada."

A social psychologist in population health, Lemyre's research area is how ordinary people perceive and understand risk and what drives their motivation for prevention, she said.

"Currently H1N1 is a big concern and every country is trying to deal with the second wave, but we need to adapt the strategy for any other risk ... like a natural disaster or other emergent risks," she said.

"We don't always have all the information about new risks, because the science and knowledge and data aren't there yet. People have to learn to work with uncertainty," she said.

And it's essential to exchange information, she said, "because different (countries) have experiences at different stages than us. It shows us how to adapt in terms of a different context.

"It opens up their views and their interpretation and also helps Canada to better understand the citizens who come from those countries and have had different experiences," she said.

Lemyre will incorporate the results of the working group into her work.

Learning Curve is a special feature that focuses on education and student life.

STIG NIELSEN/FOR METRO VANCOUVER

The bronze medal-winning Kwantlen soccer team were all smiles at Vancouver International Airport.

Kwantlen team makes history

STIG NIELSEN
for Metro Vancouver

The Kwantlen University women's soccer team made history earlier this month by winning the school's first national medal in any sport.

The Eagles soared to bronze in the 2009 Canadian College's Athletic Association National Women's Soccer Championships by defeating Francois-Xavier Garneau College on penalty kicks on Nov. 7 after a scoreless draw.

And they did it as the only unranked team in the tournament, said Sara Hayes, a 24-year-old business administration student.

"We brought home the first banner we have in the gym," she said with a smile.

Her coach, Vladimir Samozvanov, called the bronze medal-winning squad the toughest team he has ever coached.

"We have 11 rookies, so it is a huge step up to compete against National team players. They didn't panic, they maintained their composure and played as a team. It was a great game."

Hayes said winning a medal "felt right."

"In all my years of playing soccer, this is the best team I have been on, because we played for each other," she said.

The Eagles made it to the national tournament after winning Kwantlen's first BCCAA Provincial Championship by defeating Vancouver Island University, Thompson Rivers University and Langara College.

"I think I was a little bit in disbelief (after winning the B.C. title), but I think the idea crossed my mind just then. 'Could we be going to the nationals?'" said Hayes, who is the oldest player on the team.

For her, the experience on the pitch has added to her education.

"(Through soccer) I have learned good communication skills, I have learned how to deal effectively with people, I have great skills working with a team," Hayes said.

She pointed out that the commitment is intense, but brief.

The soccer season runs about two months. It starts in September with the regular season concluding by the end of October. Success in the playoffs took them to the first week of November.

"It was (also) a cool part of the going to school atmosphere that a lot of other people don't get to ever experience," Hayes added.

She said that after graduation in 2010, she plans to fully commit herself to a career in business, as there are still few viable options for women to play soccer at a professional level.

Her memories, and the skills learned on the pitch, will always be with her, she said.

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‘Huge honour’: UBC alum

DANIEL HENDRIKSEN
for Metro Vancouver

A lack of money, shelter and food, often combined with drug addiction and mental health issues, make life for the homeless a nightmare.

When she was only 16, Jennifer Mervyn was homeless. Living on the streets of Vancouver, she did what it took to stay alive.

“I did a lot of couch-surfing, staying at different people’s houses,” says Mervyn, who met her husband when they both lived on the streets as teens. “I did hair-wraps as a source of income. I set up a little blanket on Robson Street and did hair-wraps for tourists and I actually made OK money.”

When she turned 18, Mervyn knew she had to do something to get off the streets. She applied to Concordia University in Montreal and then she and her husband raised enough money for flights to Quebec to begin their new life.

“We knew no one and we actually lived in a church for the first while until we got settled,” she said.

Jennifer Mervyn received the Outstanding Young Alumnus Award at the 2009 UBC Alumni Achievement Awards.

Mervyn earned a degree at Concordia before returning to B.C., where she attained a master’s degree from Trinity Western University. She didn’t stop there though, as Mervyn was determined to get her PhD in Counselling Psychology, which she accomplished at UBC.

“I knew even in high school that I wanted to get into some sort of counselling, and then my experience on the street really led me to do something for my community,” she says. “When I saw friends who were willing to get clean but couldn’t get into detox, I realized that something was wrong and it was important for me to get involved.”

Along with her master’s thesis, Mervyn included a documentary entitled Metamorphosis: An In-Depth Look at the Lives of Former Street Kids, a film that followed the lives of four former street youths who found the courage and strength to get their lives back on track.

Mervyn, who is now a mental health clinician for the Ministry of Children and Family Development, is proud to have recently received the Outstanding Young Alumnus Award at the 2009 UBC Alumni Achievement Awards.

“It’s a huge honour. I mean, I got to be on the same stage as (former prime minister) Kim Campbell,” she says.

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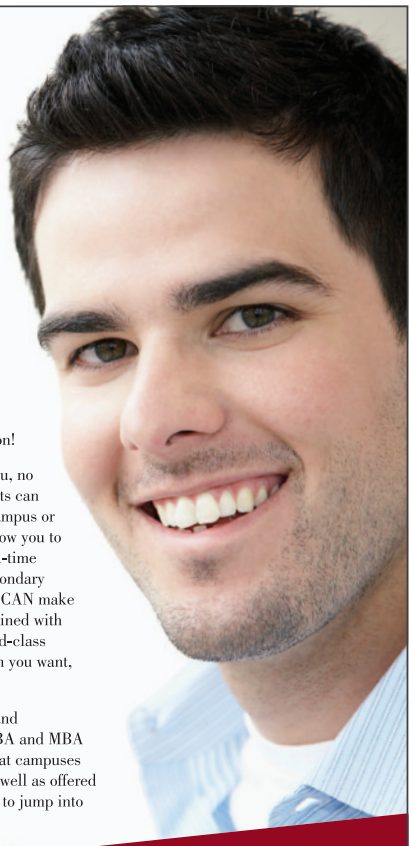

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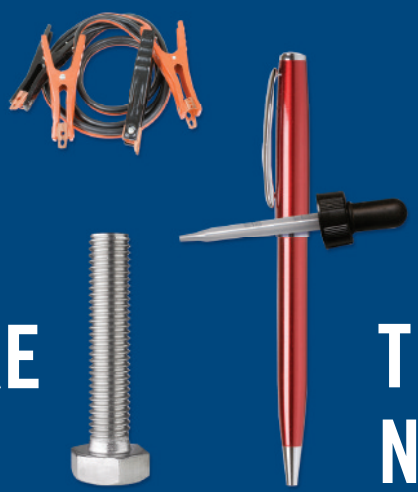

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BCIT students learning in 3-D

KIMBERLY SHEARON
for Metro Vancouver

Imagine getting unlimited practice time with some of your industry's most expensive, specialized equipment — on your laptop.

Enter BCIT's CUBE. The two-year initiative, sponsored by tech company Lockheed Martin and software firm NGRAIN Canada, gives BCIT students access to three-dimensional simulations of specialized equipment, including rail cars and airplane engines.

"The CUBE is going to develop a system by which the student can learn in a 3-D simulated, virtual environment on their own without havening to access the actual equipment," said Brian Hosier, director of BCIT's learning and teaching centre.

The virtual model, he said, is meant to complement real-life experience, not substitute for the real thing.

"You wouldn't want someone doing surgery (on you) with just (practice) on the virtual model instead of on real patients."

CUBE technology is already being used in BCIT's schools of transportation and health. In January, staff dedicated to developing more CUBE learning systems will come on board to bolster the program.

BCIT PHOTO

BCIT's CUBE initiative allows students to manipulate 3-D simulations of real equipment — or in some cases, human limbs — on their computers.

By its second year, Hosier said the institute hopes to double or triple the initiative's programming.

"We expect the skills we develop in the CUBE will be transferred to regular staff and we'll be able to set this up as a mainstream service at BCIT," said Chris Golding, the institute's vice-president of learning and technology services.

"We expect it will become just an integral part of what we do at the institute."

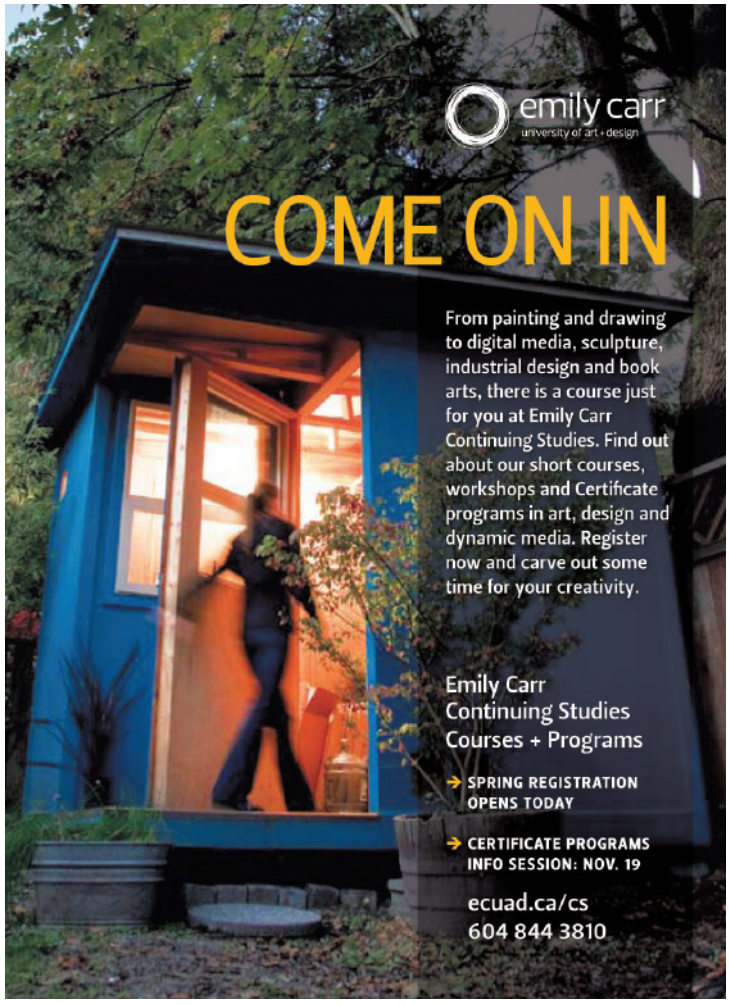
So far, feedback from students and instructors has been positive, Golding said.

"What students love is that before they even go into the shop, they can look at the equipment. They can assemble and disassemble it," Golding said, adding that students can even squeeze in extra practice on the go, via their cellphones or PDAs.

The software used by CUBE also allows instructors to embed lessons in the simulations, which offers students a "huge advantage," he said.

"As you touch a part, you can actually click on it and get a particular piece of instruction that tells you how it operates."

The CUBE's success will be measured on whether students come out with higher levels of learning, Hosier said.



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Nov 18, 5pm, New West Campus only
Dental Assisting

Nov 19, 5pm, New West Campus only
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Stagecraft
Behavioural Interventionist
Child and Youth Care Counsellor (Degree, Diploma)
Classroom and Community Support
Community Social Service Worker
Disability and Applied Behaviour Analysis
Early Childhood Education
Therapeutic Recreation (Degree, Diploma)
Youth Justice

Nov 17, 5pm
David Lam Campus, Coquitlam

OR

Nov 19, 5pm
New Wesminster Campus
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Business Management
Computing Science and Information Systems
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SFU prof feted

DANIEL TAM
for Metro Vancouver

A Simon Fraser University professor's medical device has been recognized as one of the year's emerging technological breakthroughs.

Biomedical physiologist Andy Hoffer's Lungpacer, a diaphragm-pacing device designed to help patients recover from using mechanical ventilators, won the $25,000 B.C. Innovation Council (BCIC) Connect '09 Emerging Technology Award.

Hoffer, who has taught at SFU for 18 years, got the idea when his mother had to be admitted to hospital for pneumonia.

It was there he realized that his mother, as well as other patients, struggled to breathe on their own again after being hooked up to the machines.

"Mechanical ventilation is a necessary emergency procedure when somebody has problems breathing," said Hoffer. "But your diaphragm, which is your main muscle for breathing, gets sidelined during and is simply not used."

The disuse of the muscle leads to rapid atrophy. The diaphragm can decrease to half its size in as little as 18 hours for people on the mechanical ventilators.

When those patients recover from a critical ailment, they often don't have the strength to breathe on their own again and become dependent on the ventilators.

Because of this inability to wean from the machine, patients often have to stay in hospital longer, which puts them at risk of catching hospital-borne infections and raises costs.

"When my mother was in intensive care, I had an insight on a simple new treatment method to speed up recovery and help wean patients from ventilators," said Hoffer.

Lungpacer intravenous electrodes are temporarily placed in the chest to electrically pace the diaphragm in sync with the ventilator, and are removed once the patient can breathe well again.

Hoffer hopes his device will help patients regain the ability to breathe naturally. The procedure is in pre-clinical trials and Hoffer and his team at Lungpacer Medical Inc. hope to commercialize the device in two years time.

"It will be life-saving and could also greatly reduce costs to the medical system," said Hoffer.

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Certified Dental Assisting / Dental Reception Coordinator Wednesday, Nov. 18, 5 p.m. – room 501	Downtown
Nursing Unit Clerk Wednesday, Nov. 18, 5 p.m. – room 3221	Broadway
ESL for Health Sciences Wednesday, Nov. 18, 6:30 p.m. – room 1212	Broadway
TESOL Thursday, Nov. 19, noon & 4 p.m. – room 206	Downtown
Culinary Arts Friday, Nov. 20, 9:30 a.m. – room 305B	Downtown

Downtown campus, is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

Broadway campus, is located at 1155 East Broadway.

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bcit.ca/infosessions

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Learning Curve is a special feature that focuses on education and student life.

‘Don’t spread yourself thin’: Doc

RAFAEL BRUSILOW
for Metro Canada

Trying to juggle work, school and health can sometimes make your life feel like a circus act, but with the right approach, even the busiest people can come out smiling.

The first step is to make a list of all the things competing for your time, be they family and friends, school work, career obligations or just finding time to cook healthy and work out and take stock of how crucial each item is to your life. When you take a tally of all the things putting pressure on you in your life, it’s a lot easier to see healthy living as a process of managing stress while maintaining good habits.

Dr. Kashif Pirzada, a Canadian doctor of emergency medicine, says that rather than trying to succeed at all parts of your life at once, it’s important to focus on one aspect of your life at a time because your emotional workload will be more manageable and your results will be better in the long run.

“Don’t spread yourself thin tackling everything right away; instead, try to be good at a few things at a time. Rather than trying to do it all at once, pick the things that are most important to you, then prioritize and manage accordingly,” Pirzada said.

While workplace and classroom pressures can sometimes feel daunting to handle, maintaining a positive outlook is crucial in keeping yourself emotionally prepared for success. Negative energy leads to a negative approach while positive thinking opens you up to a better chance of succeeding.

“Always have a good attitude and keep your mind open to healthy possibilities. The right attitude has a big effect on your overall well-being and it’s never too late to change your ways,” Pirzada said.

Elizabeth Scott, an American stress management coach and contributor with About.com, suggests that once you’ve made a decision to start a new healthy habit or take positive steps in your life, put your commitment down in writing to make sure you include it as part of your schedule. Slotting away time in advance to cook a healthy meal or go to the gym makes it much more likely you’ll do those things, since they become a part of your itinerary rather than just general, unspecified plans.

Scott also recommends enlisting friends and family to help you stay on track. Letting people you trust in on your stress and health management goals can make them into an invaluable resource.

“You’ll find much more success if you have others who are helping you along the way.

“Not only will they give you support when you need it, but you’ll also have them to answer to if you feel like skipping your new stress management practice, and this will make it harder for you to make excuses and quit,” Scott wrote.

André Maddison.

Dal student busting myths

RICHARD WOODBURY
for Metro Canada

A lot of myths exist about Canada’s health-care system. Since 2000, an annual contest put on by the Canadian Health Services Research Foundation has served to dispel them.

One of those myths is that emergency room overcrowding is caused by non-urgent cases. Not so, says André Maddison, a co-winner of the 2009 contest.

“If we somehow divert non-urgent patients from the ER, it’s not going to solve ER overcrowding,” he says. “We’re not going to have 15-minute wait times.”

ER overcrowding is caused by a larger set of issues, such as a lack of available beds in ERs and a lack of alternative care settings, says Maddison, who is a second-year master’s in community health and epidemiology student at Dalhousie University in Halifax. The 25-year-old received a $1,500 prize and a paid trip to Calgary where he was presented with the prize.

“When you look at the proportion of patients who are there for non-urgent reasons, it is actually quite high,” he says, pegging the number at 20 to 25 per cent of patients. “There are a significant number of patients there with non-life-threatening issues. But they don’t take a lot of physician time or diagnostic services or nurse time. They are rarely admitted.”

Non-urgent patients are admitted about four to five per cent of the time, he says.

“I kind of went into it with the idea that these people who don’t have family physicians are not the main cause of the overcrowding,” he says. “I realized, well, they do have a little effect, but it’s such a complex issue that you really can’t pinpoint blame on a certain group.”

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Buy in bulk to save cash and eat better, dietitian advises

ANDREA WOO
for Metro Canada

Fast food has long been staples of the starving college student, but being tight on cash doesn’t mean having to eat poorly, say experts.

Kristen Reaves, a registered dietitian, says it’s often cheaper and healthier to prepare foods at home.

“Buying in bulk will always save money, whether it’s eggs, yogurt or meat,” she said. “If you can buy a box of chicken breasts as opposed to a single one..., (you) will save bundles.”

She also suggests looking for coupons.

“If you find something that is a staple in your diet and it is on sale, buy several of them at that time to save a little cash.”

The key to eating well is to eat a variety of foods, such as fruits, vegetables and proteins. Reaves says one’s plate should be one-quarter carbohydrates, one-quarter protein and half vegetables.

Great Yoga Retreats

Arty publishing house Taschen is set to launch a compilation of "the finest Yoga retreat sites and centres, from Mexico to India via Tuscany and Big Sur." Pre-order Great Yoga Retreats by Kristin Rubesamen and Angelika Taschen for $31.49 at amazon.ca. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Chock full of charm

Pandora's Makeup Box strikes a lighthearted note

JANINE FALCON
for Metro Canada

A new Canadian line of colour cosmetics is aiming to make a charming beauty impression with cheerfully feminine eco-responsible packaging, a wearable palette of hues and high-pigment formulas.

"I wanted it to be a happy line," says Pandora's Makeup Box creator Susan Kirsch, a successful makeup artist for 25 years and owner of Kirsch Cosmetic Studio in Toronto. "Why does makeup packaging have to be black?"

As well as pretty packaging, reducing potential waste was a key concern for Kirsch. Recyclable lipstick and gloss boxes have a plastic-free cutout window through which to see product shades. Durable magnetized cardboard palettes are designed to outlast the pans of powder so they can be refilled and reused. The cardboard itself is composed of recycled materials and printed with soy ink, which is less environmentally stressful than regular ink and facilitates easier recycling. And rather than enclose the compacts in boxes or shrinkwrap for shipping, Kirsch went for snug-fit removeable and recyclable cardboard bands.

Kirsch also considers waste at a manufacturing level. "I chose to work with a small lab so I could produce smaller batches of makeup," she says. "I wanted to reduce the chances of product sitting around on shelves until they expire."

When it came to creating her makeup shades, Kirsch took her diverse clientele into account. A blush pink lipstick called Sweet is appropriate for her young Bat Mitzvah clients; bolder shades such as Beautiful, Flushed and So Real are designed for more mature women. XOXO, a peachy-pink gloss, is for women who usually can't wear pink because the natural undertone in their lips is too blue.

Great is her only sheer gloss, a transparent red for women too shy for bold red lips. And a gloss called Ciao, which Kirsch admits looks strange in the tube, actually looks great on Asian faces because it works with the acidity in their skin. "I have acidity issues myself — some colours turn really pink on my lips," says Kirsch. "I wear a peach-gold lipstick called Sexy with a gloss called Soft, a flattering nude shade I can also wear by itself."

Value was another important concern. Each disk of powder eye shadow or blush contains 4 grams, a generous amount for $18 each, or $14 each when composing an eye-and-cheek palette. "I used the same pan size for shadow and blush to make it easy to mix and match in the same compact," says Kirsch. And the highly pigmented formulas means the makeup wears well, and overall lasts the client a long time: she needs only a little to achieve a compliments-please finish.

• Pandora's Makeup Box is available at Murale, mur ale.ca, and via Pandoras-MakeupBox.com.

DOUG STURGEON/ECLIPSE PHOTOGRAPHY

Susan Kirsch, creator of Pandora's Makeup Box.

GEOFF GEORGE (PRODUCT IMAGES)

Left, custom palette: Empty compact, $10; eye shadow and blush, $14 each. Below, powder blush, $18.

Left, powder blush in Misty Pink, $18, is Kirsch's choice for women who like just a hint of cheek colour. Below left, Powder blush in Pout, $18, is a fresh pop of pink for all skintones, says Kirsch.

Lipstick in Sexy, $16

Lip gloss in Ciao, above, and Great, left; $16 each.

"I wanted it to be a happy line. Why does makeup packaging have to be black?"
Susan Kirsch, Pandora's Makeup Box creator

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ADVERTISING FEATURE

DON'T LET DRY SKIN FORCE YOU INTO HIBERNATION

Tips and suggestions for protecting your skin this winter

Dr. Kucy Pon

November is a month of transition. Cold, dry winds replace mild autumn temperatures, winter wardrobes are pulled out of storage and darkness emerges before the end of the workday. This adjustment can be trying, but it's not without its benefits – there's sexy boots to pull on, winter hats to cover bad hair days and holiday lights to hang up. That said Canadian winters are tough. Shorter days, colder nights, lack of sunlight and, let's not forget, the return of dry, itchy, flaky skin.

We might complain about the humidity in summer but at least it keeps our skin moist. Not so with Old Man Winter, whose low temperatures and biting winds can strip away the natural oils that coat and protect our skin's surface. Once the surface layer is compromised, skin can no longer retain its moisture. As a result, skin on the face and body tends to be in worse condition during the winter months than at other times of the year.

WHAT DOES WINTER SKIN LOOK LIKE?

Dry, itchy skin can appear anywhere on the body; but hands, arms, lower legs, elbows, back and abdomen are the most common areas. Often it feels like our skin is tightened (but not in a good way) or annoyingly itchy, but on some people, dry skin can be noticeable and very problematic.

In extreme cases, dry skin can lead to inflammation of the skin which can manifest as redness, swelling, crusting, weeping, cracks and fissures. These open cracks and fissures can lead to skin infection.

RELIEF IS IN SIGHT

So how do we combat dry, winter skin? Well, unfortunately, many of our coping strategies for harsh weather only make things worse. "In the winter, we tend to turn up the heat and take long baths or hot showers to warm ourselves up," says Dr. Kucy Pon, dermatologist and consultant to Olay. "While these activities might feel good, they can actually dehydrate the skin and wash away essential oils."

But don't fret. There's good news. Because the majority of factors that lead to dry skin are external and controllable, with care and attention, they can be treated and prevented.
According to Dr. Pon, the number one thing women can do to prevent dry winter skin is to use a good moisturizer. "A moisturizer has an immediate effect in terms of making surface skin feel better but it also performs several important functions, stresses Dr. Pon. "It enables lost water to be replaced, and then helps to keep it in the skin by the humectants it contains."

> 'The number one thing Canadians can do to prevent dry winter skin is to use a good moisturizer that relieves dry skin quickly'

This winter give your skin the clinical treatment it deserves with new Olay Quench Advanced Relief Body Lotion. Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin andVitamin E, Quench Advanced Relief is non-greasy and fragrance-free.

Dr. Pon's winter skin survival tips

Don't let dry skin force you into hibernation. Dr. Kucy Pon, dermatologist and consultant to Olay, shares her insider tips for keeping itchy, flaky skin at bay this winter.

1. MOISTURIZE DAMP SKIN

How you use a moisturizing lotion is as important as using the lotion itself. Optimum results come from applying lotion to damp skin which will help trap and seal in moisture. Moisturizing as soon as you step out of the shower is ideal.

2. PAY ATTENTION TO YOUR HANDS

While it's important to wash your hands to help prevent illness, soap and hand sanitizers can strip essential oils from the skin. Keep a hand lotion close by to replenish moisture.

3. CREATE AN OASIS

Put some moisture back into the air by using a humidifier in your home or office. It will counteract the drying effects of indoor heat.

4. DRINK LOTS OF WATER

Increase your body's natural moisture level by staying hydrated throughout the day.

5. KEEP WRAPPED UP

Dress for the season and try to limit your skin's exposure to harsh temperatures and damaging winds.

OLAY®

Women still cook more

According to an Associated Press-iVillage Food poll, women are still doing more of the cooking. Just 51 per cent of men said they make a home-cooked meal at least sometimes, compared with 71 per cent of women. THE ASSOCIATED PRESS

Food

'Love dessert' contains Viagra

A Colombian cooking school has concocted a "love dessert" made with passion fruit — and Viagra. Student chefs at the state culinary school in Quindio province wouldn't give the complete ingredients but say it contains the active ingredient in Viagra. The pudding-like dessert is garnished with whipped cream and chocolate, and served in a parfait glass. The dessert is, of course, not for sale as Viagra is a prescription drug. THE ASSOCIATED PRESS

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

A low-fat week night meal option

EDWARD POND

Broiled trout with warm lentil salad from Canadian Living.

Broiled Trout with Warm Lentil Salad

SERVES 4

INGREDIENTS:

- 1/2 tsp each ground coriander and cumin (2 mL)
- 1/4 tsp each cayenne pepper and salt (1 mL)
- 2 skinless trout fillets (750 g)
- 2 lemon wedges

Warm Lentil Salad:

- 3 Tbsp olive oil (45 mL)
- 1 cup diced leek (white and light green parts only, 250 mL)
- 1/2 cup each diced celery and carrot (125 mL)
- 1 clove garlic, minced
- 1 1/2 tsp each ground coriander, cumin and salt (2 mL)
- 1 cup dried green lentils (250 mL)
- 1/4 cup minced fresh celery leaves and/or (50 mL)
- coriander leaves
- 3 Tbsp lemon juice (45 mL)

METHOD:

1. Warm Lentil Salad: In large saucepan, heat 1 tbsp (15 mL) of the oil over medium heat; cook leek, celery, carrot, garlic, coriander, cumin and salt until softened, about 5 minutes.

2. Stir in 3 cups (750 mL) water; cover and bring to boil. Add lentils; reduce heat and simmer until tender, 25 to 30 minutes. Drain and transfer to bowl. Add remaining oil, celery leaves and lemon juice; toss to combine.

3. Meanwhile, in small bowl, combine coriander, cumin, cayenne and salt; rub over top of trout fillets. Broil on greased baking sheet until fish flakes easily when tested, 6 to 8 minutes. Serve with lemon wedges and salad.

Per serving: about 499 cal, 46 g pro, 21 g total fat (4 g sat. fat), 34 g carb, 7 g fibre.

Gingersnap Cookies

MAKES ABOUT 48 COOKIES

INGREDIENTS:

- 1/3 cup unsalted butter, softened (75 mL)
- 1 1/3 cups granulated sugar (325 mL)
- 1 egg
- 1/4 cup fancy molasses (50 mL)
- 2 1/2 cups gluten-free all-purpose baking flour (625 mL)
- 1 1/2 tsp ground ginger (7 mL)
- 1 tsp baking soda (5 mL)
- 1 tsp each ground cloves and cinnamon (5 mL)
- pinch salt

METHOD:

1. In large bowl, beat butter with 1 cup (250 mL) of the sugar; beat in egg and molasses. In separate bowl, whisk together baking flour, ginger, baking soda, cloves, cinnamon and salt; stir into butter mixture to form stiff dough.

2. Roll dough by level 1 tbsp (15 mL) into balls; roll in remaining sugar. Place, 2 inches (5 cm) apart, on parchment paper–lined baking sheets; press to flatten slightly.

3. Bake in 350°F (180°C) oven until edges are light golden, about 12 minutes. Transfer to rack; let cool. (Make-ahead: Store in airtight container for up to 5 days or freeze for up to 2 weeks).

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Version 2009

I can't think of a more polarizing style of wine than **Beaujolais Nouveau**. Made from quickly pressed gamay grape juice in France's Beaujolais region; it's the first liquid released from the northern hemisphere's 2009 harvest. Air freighted to wine shops the world over — who promise not to sell any until the third Thursday of November (which is this Thursday) — it's either revered or reviled by wine fans.

While there's no denying that its arrival brings some much needed attention to the floundering French wine industry; the hype — that convinced folks to line up for a bottle back in the '70s — has been diluted considerably by wet blanket snobs who can't see the fun past the marketing plan.

Though always light and super fruity; Georges Duboeuf, the undisputed king of Beaujolais, claims that thanks to some great weather Nouveau version 2009 will be one of the best in the last 50 years.

Selection across the country will vary with wines from producers like Duboeuf, Pierre André, Mommessin and Albert Bichot averaging around **$13 to $16**. Be sure to serve them chilled.

King marries his queen
Kings of Leon drummer Nathan Followill has wed his girlfriend, singer/songwriter Jessie Baylin. They tied the knot on the weekend in Tennessee in front of close friends and family, including Scarlett Johansson. **USMAGAZINE.COM**

Entertainment

Crown jewel
Bragelina have completed a limited edition collection of gold jewelry and silver accessories called The Protector for high-end jeweler Asprey.
USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Vampires to dominate holiday season

Post-apocalyptic worlds, Fantastic foxes and a new Sherlock Holmes slated for the big screen

STEVE GOW
for Metro Canada

As we move into the final few weeks of 2009, there is much to occupy people's minds — namely Christmas.

But along with the perennial pursuit of great gifts comes the annual boon of box-office hits and this year's choices will be no different.

Whether you get your kicks from brooding vampires, a foxy George Clooney or musicals based from avant-garde films — the forthcoming holiday movie season has something for everyone to enjoy.

Here is a glimpse at what is upcoming:

TWILIGHT: NEW MOON
(Nov. 20)

The holiday season kicks off with the hotly-anticipated second installment of the Twilight saga featuring vampire Edward and his girlfriend now caught in a love triangle with a teenaged werewolf.

Seriously.

WETA

Sam Worthington, left as Jake Sully and Zoë Saldana as Neytiri star in Avatar.

ALEX BAILEY

Jude Law, left, as Dr. Watson and Robert Downey Jr. as Sherlock Holmes star in the action/adventure mystery Sherlock Holmes.

FANTASTIC MR. FOX
(Nov. 25)

Wes Anderson (Rushmore) tries out animation with help from George Clooney as an adventure-seeking fox in this quirky adaptation of Roald Dahl's classic children's book.

THE ROAD
(Nov. 27)

In this critically-acclaimed reworking of the Pulitzer-Prize winning novel, Viggo Mortensen tries to protect his son in a post-apocalyptic world where food may be scarce but Oscar nominations will be plentiful.

UP IN THE AIR
(Dec. 4)

George Clooney makes another appearance in this clever comedy about a downsizing expert whose own flighty lifestyle gets grounded.

THE LOVELY BONES
(Dec. 11)

Peter Jackson adapts this hit novel about a murdered young girl who watches her family from heaven. I'm fairly certain Golum doesn't make an appearance.

AVATAR
(Dec. 18)

It's been a decade since James Cameron's Titanic. Now the Oscar-winning filmmaker gets back to his sci-fi roots with this cutting edge thriller that's cost over $200 million to produce. Let's hope it doesn't sink like…well, you know.

ALVIN & THE CHIPMUNKS: THE SEQUEL
(Dec 25)

The animated pop-singing rodents are back to save a struggling high school music program. To clear any uncertainty, this is not a documentary.

SHERLOCK HOLMES
(Dec. 25)

Robert Downey Jr. gives the legendary character a facelift in this Guy Ritchie-film. Sir Arthur Conan Doyle would be proud.

NINE
(Dec. 25)

Rob Marshall (Chicago) directs this musical version of Fellini's classic film 8 ½. With an ensemble cast that includes Daniel Day Lewis and Nicole Kidman, Nine will surely make Millions at the box office this Christmas.

Movie feature

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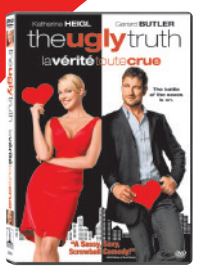

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Breast implants are Christian: Prejean
Ousted Miss California USA Carrie Prejean has something to get off her chest: She isn't a bad Christian because she got implants. USMAGAZINE.COM

DVD picks

Star Trek

Director: J.J. Abrams

PHASERS SET ON "STUNNING." This is the Star Trek true fans have been missing, but barely dared hope for: a return to the original characters, in all their giddy glory and with all their hilarious hubris.

Director J.J. Abrams delivers a solid reboot to series creator Gene Roddenberry's 1960s ideas about life in "space: the final frontier."

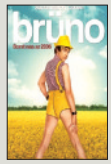
This is either Star Trek movie No. 11 or 1, depending on whether you count it as the 11th in the series or the first in a new prequel franchise. Either way, it easily overcomes the curse that odd-numbered Star Trek movies are generally the worst.

This one ranks right up there with such character-driven triumphs as The Wrath of Khan and The Voyage Home. The special effects are seamless.

The casting is all aces. The emphasis was wisely placed on talent (including good comic timing) rather than on marquee recognition or resemblance to the original cast — although in some cases, the likeness is uncanny. By boldly going back to where it all began, Abrams has taken Star Trek exactly where it belongs.

Extras are extreme, including nine deleted scenes, a director commentary, a gag reel and several making-of featurettes.

Brüno



Director: Larry Charles

AS ANY COMEDIAN WILL TELL YOU, IT'S HARD TO TELL THE SAME JOKE TWICE. That's the situation with Brüno, in which the abundantly gifted and remarkably brave (or crazy) Sacha Baron Cohen once again attempts mass deception for comic purposes. His title character in Borat came across as a harmless doofus confronting a foreign land and culture, and benefited mightily from Cohen's lack of renown. Most people didn't know they were being played for laughs.

He's neither harmless nor anonymous this time out. Cohen's Brüno, an Austrian fashionista with minor talent and major attitude, has just one big dumb prank to play about being gay, and he does so to the point of numbness. Gays and straights can feel equally offended, but also equally bored.

Cohen needs to move on to another brand of comedy that better serves him.

The numerous DVD extras include commentary by Cohen and director Larry Charles in which they reveal who was in on the joke — including Harrison Ford, who appeared to be one of the few spontaneously hilarious reactions to Brüno's antics.

How to Be

Director: Oliver Irving

INEPTLY WRITTEN AND DIRECTED BY OLIVER IRVING, THIS DIRECT-to-DVD comedy has little going for it apart from Robert Pattinson, better known as vampire Edward in the Twilight series. Here he's saddo Art, a London wannabe singer-songwriter whose lack of musicianship is matched by his poor self-esteem. When his girlfriend dumps him and his parents ignore him, Art finds himself in the midst of a "quarter-life crisis."

He cashes in an inheritance to hire Canadian self-help guru Dr. Levi Ellington (Powell Jones), who crosses the Pond to live with him and teach him how to "be more normal."

The rich comic premise is never remotely realized. All of the secondary characters are poorly drawn or entirely loathsome. Yet Pattinson impresses in a difficult role, which makes this a worthwhile rental for any Twilight fan seeking another look at the man behind Edward.

Extras include a director's commentary, an interview with Pattinson and a making-of featurette.

Peter Howell/for Metro Canada

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Palin paints 'Maverick' portrait

Going Rogue: An American Life
Author: Sarah Palin
Publisher: Harper Collins

BookPicks

There should be a feeling of palpable glee running through Sarah Palin's memoir: Now, finally, she gets to talk, unfiltered and unedited.

This is, after all, a politician convinced that the media twists her words, who says she's been parodied and mocked by establishment elites, and who complains she was muzzled by her own party.

Going Rogue: An American Life offers her a chance to answer back, without pesky interference from the likes of Katie Couric or Republican handlers. It is, to steal Nancy Reagan's memoir title, My Turn.

So why is there so little bloodletting, why no mustn't-miss gory bits?

Her book, written with an assist from Lynn Vincent, is less the revealing autobiography of a straight-shooting maverick and more a lengthy campaign speech — more lipstick, less pit bull.

The book can be roughly divided into two halves — the years before she was asked to join John McCain's ticket and the time since.

The second half is the more lively: It's got her take on the designer clothes embarrassment; the vice-presidential debate with Joe Biden; and the "campaign professionals" she blames for losing the White House.

From the beginning, Palin seems determined to prove she has always been maverick-y and never a mental lightweight.

She says her nose was always in a book while growing up and the first big word she learned to spell was "different." She casually mentions that Mount McKinley rises to 6,194 metres, and she quotes Plato, Thomas Paine, Lou Holtz, Pearl S. Buck, Thomas Sowell and Mark Twain.

She says she was riveted by Watergate at age 10.

What's missing: No discussion or prognosis of the wars in Afghanistan or Iraq (though her eldest son is aveteran), no Iran, Israel, China or Russia. No race relations, Hurricane Katrina or Bush policies, either. Palin spends chunks of time reciting campaign pablum. Not surprisingly, Palin, like a former beauty contestant, considers America's most precious resource to be our children. Oh, and the Constitution.

THE ASSOCIATED PRESS

Mariah's Christmas hit remixed

Mariah Carey's hit All I Want for Christmas Is You has been remixed by Joey Arbagey for its 15th anniversary. The song was the first single of Carey's 1994 album, Merry Christmas. **POPEATER.COM**

Forever or nothing

Canadian R&B star Massari ready to take over world

BRIAN TOWIE
Metro Canada

When Metro last talked to Massari three years ago, he was regaling us about what would make a perfect date. His included a steak dinner, rose petals on the bed and Boyz II Men playing in the background. These days, it would consist of popcorn, a movie and snuggling on the couch with sweat pants on.

It's an unlikely answer from, all appearances to the contrary, a deceptively uncomplicated and driven man.

Upon listening to the release of sophomore effort Forever Massari, released last Tuesday in Canada and slated for international audiences today, one would suspect the Beirut-via-Ottawa R&B artist to be obsessed with pizzazz, and the desire to lay down a driving, edgy club beat.

It's certainly seems to be the case with lead-off single Body Body, wherein Massari (born Sari Abboud) samples 1987 dance track Push It by Salt N' Pepa.

But the latest release is just one aspect of the empire for which he wants to be known, one which includes a clothing line, charity work and a signature cologne by this time next year.

"My goal for this album is my goal for everything else I want to do — global domination," he said.

"I have a philosophy of 'expect nothing, get everything' and I'm hoping for the best. I haven't stopped working since my first album (2006's Massari, which went gold in Canada), although that work has been in different areas. I'm making sure people know that was the groundwork for what I'm doing now. I have my hands in everything and I like it that way."

A grand plan lies beneath the infamously chin-strapped exterior — a beard style he left behind after attending too many Halloween parties full of people dressed as him — one that Massari has, up to this point, been executing with modest success, growing from independent artist to major-label-backed Canadian star with some international notice.

Besides the fact he can sing in three languages (English, French and Arabic) and has rarely met an old school beat he didn't like, Massari, whose name translates to "money" from Middle Eastern slang, credits its flashy designer clothing, jewelry and cars as a huge chunk of the appeal. Tools for the greater goal of leaving something to remember, he says.

"Well, I don't half-ass anything," he laughs.

Massari has returned with a new album, Forever Massari.

"My goal for this album is my goal for everything else I want to do — global domination."
Massari

"These are all tools to accomplish my mission. To be successful in the business, you have to have these things, but of course none of it is real, or the real you. Money doesn't dictate my life, the work and the results do."

When I leave this world, I'll leave with nothing. And, God willing, it will be my deeds, accomplishments and actions that will count for something. We'll remember people who were feared, for all the wrong reasons, but we remember people who were loved even more. That's what I care about."

GETTY IMAGES

Two members of electronica pioneers Kraftwerk in concert.

Kraftwerk re-wired

CAM LINDSAY
for Metro Canada

When you're 40 years into a career, it's only fair that you're afforded the opportunity to go back and right any outstanding wrongs. After decades of waiting, Kraftwerk's Ralf Hütter has finally been given his chance with the reissue of the group's last eight albums.

"I don't want to complain but some of the catalogue was never in the quality that it should have been," says the only remaining original member of the group. "It was a nightmare."

To be issued next week both individually and as a box set titled The Catalogue, Hütter now feels Kraftwerk's music can be appreciated the way it was supposed to be. "We reworked the masters, so for the first time they are remastered with the latest technology in our Kling Klang studio," he explains. "So we're very happy that for the first time the albums come in the formats with all of the artwork, like they were originally conceived."

Considered as influential on modern music as The Beatles, the pioneering electronic act from Düsseldorf, Germany can be heard in music of everyone from David Bowie and New Order to Madonna and Coldplay. But Hütter downplays Kraftwerk's impact beyond the work he and his various collaborators have put into the music.

"We called ourselves musical workers, and we just did our work with electronics," he says. "Music and technology for us were like a unit, always, and we just continued our work from there."

Hütter can't take all the credit though — there are those iconic robot mannequins that have represented the look and sound of the band all these years.

Whether it's the music or the robots people remember Kraftwerk for, Hütter says he and coworkers aren't done innovating. Earlier this year they began presenting the second half of their concert in 3-D, and in Manchester invited the British Olympic cycling team to ride on a track during a performance of their hit song Tour De France. New music is also expected at some point.

In brief

ALBUM Pope Benedict XVI sings and prays along to a mix of modern music and ancient church chants in a new album that will be released soon. The album, titled Alma Mater — Music from the Vatican, includes eight original pieces of contemporary music, interwoven with Gregorian chants and the pope's voice.

IDOLS Kris Allen knows he's not garnering as much attention as Adam Lambert — and that's OK with him. "I don't mind," an always modest Allen says. His self-titled album comes out today, a week before Lambert's For Your Entertainment.

THE ASSOCIATED PRESS

LA seeking cash for MJ funeral

The Los Angeles city attorney still plans to seek reimbursement of the $3 million the city spent for the Michael Jackson memorial, a spokesman said yesterday, despite an audit concluding the event pumped even more dollars into the local economy.

The July 7 memorial at Staples Center was a $4 million boon for local hotels, restaurants and other businesses, according to the report released Friday from the city's chief legislative analyst and city administrative officer. The City Council's Public Safety Committee was expected to review the report Monday.

City Attorney Carmen Trutanich is still committed to seeking reimbursement from Staples owner Anschutz Entertainment Group, or AEG.

THE ASSOCIATED PRESS

$3M

Michael Jackson's funeral cost the city of Los Angeles $3 million to police and protect, it says.

Cox to return for another Scream

SEQUEL Courteney Cox says she's excited about returning to the horror genre in Scream 4, the upcoming slasher sequel being written by Kevin Williamson, who wrote the first two films in the popular horror trilogy. Cox met her husband, 38-year-old actor David Arquette, on the set of the first Scream film in 1996.

"There are really only a few of us that survived," says Cox.

Cox and Arquette will reprise their roles as overzealous reporter Gale Weathers and bumbling sheriff Dwight 'Dewey' Riley in the fourth instalment, along with 36-year-old actress Neve Campbell, who starred as the series' heroine, Sidney Prescott. Cox shrugged off rumours that Weathers and Dewey would be killed off at the beginning of the film.

THE ASSOCIATED PRESS

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

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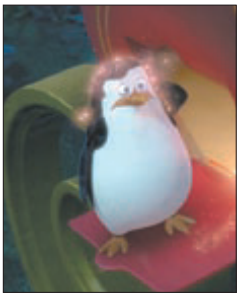
WINNER – BEST ACTRESS
2009 GEMINI AWARDS
BEING Erica
Catch a sneak peek of tonight's episode at cbc.ca/beingerica
Tonight at 9
CBC

VA	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/17/09	251	308	3	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	254	-	8	OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9	CTV	etalk (CC)	Hollywood	V "A Bright New Day" (N)		(:01) Dancing With the Stars		Law & Order: SVU		CTV News
	-	-	10	JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		Perspectives	Ek Noor	New Day
	252	336	11	GTV	Entertainment	ET Canada	NCIS "Power Down" (N)		NCIS: Los Angeles "Ambush"		The Good Wife "Unprepared"		News
	256	389	12	VI	Degrassi: TNG	TMZ (N) (CC)	So You Think You Can Dance Fourteen dancers perform. (N)				Wife Swap (CC)		A News (N)
	253	359	13	CITY	The Office	The Office	30 Rock	The Biggest Loser (N) (CC)			The Jay Leno Show (N) (CC)		The CityNews
	-	-	14	CW	The Office	The Office	90210 (N) (CC)		Melrose Place "Cahuenga"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	NCIS "Power Down" (N)		NCIS: Los Angeles "Ambush"		The Good Wife "Unprepared"		KIRO 7 News
	287	379	16	NBC	Evening Mag.	Inside Edition	Madagascar	The Biggest Loser (N) (CC)			The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19	W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked (N)		10 Years
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	V "A Bright New Day" (N)		(:01) Dancing With the Stars		(:01) the forgotten (N) (CC)		KOMO 4 News
	-	-	23	KVOS	M*A*S*H	Seinfeld	Dummy ★★ (2003) Adrien Brody, Milla Jovovich.				Seinfeld	King	Cheers (CC)
	291	383	27	PBS	Life (Part 2)	Steves Europe	Nova "Becoming Human" (N)		Frontline "A Death in Tehran"		Independent Lens (N) (CC)		
	290	382	28	FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance Fourteen dancers perform. (N)				Q13 FOX News at Ten (N)		Family Guy
	-	364	29	PBS	Frontline "A Death in Tehran"		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)	Nova "Becoming Human"		
	296	654	34	SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	35	TLA	Two/Half Men	Two/Half Men	90210 (N) (CC)		Melrose Place "Cahuenga"		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36	WGN	NBA Basketball Chicago Bulls at Sacramento Kings. (Live) (CC)					WGN News	Friends (CC)	Maury Paternity results. (CC)	
	297	652	37	WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	46	STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Seinfeld
news	502	390	26	NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Beach Volley.	Over the Bolts	Hockey	UFC: Access	UFC 106 Cnt		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	NBA Basketball: Raptors at Nuggets			SportsCentre (Live) (CC)		Motorcycle Racing		Motoring 2009	SportsCentre
	411	457	43	OLN	Ghost Hunters International		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters International		Bounty Hunter
	410	403	44	SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	45	SC	Jacked!	Jacked!	Pass Time	Pass Time	Monster Jam		Super Bikes!	Test Ride	Jacked!
	416	409	144	GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	48	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	55	TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin (CC)	Big Comfy
cable variety	268	354	5	KNO	Frontiers of Construction		Britain From Above (N) (CC)		Born Into Brothels ★★★ (2004) Premiere.			Recreat. Eden	Diamonds
	575	583	20	CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24	MM	MuchNew	My Date	Love Court	Video on Trial	One Tree Hill "Pilot" (CC)		MuchNew	Love Court	Spotlight
	600	564	25	H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
	615	520	31	A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	(:01) Criminal Minds (CC)		Parking Wars	Parking Wars	Parking Wars
	628	584	32	SPKE	Ult. Knockout	Super Dave	UFC Unleashed (CC)		Real Vice	Real Vice	CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	40	TLC	Little Couple	Little Couple	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Jon & Kate
	616	522	39	SHO	The Outer Limits (CC)		Disaster Zone: Volcano in New York (2006) Costas Mandylor.				Bones "Death in the Saddle"		NCIS (CC)
	620	523	40	BVO	(6:00) Glenn Gould: Hereafter		Law & Order "Night and Fog"		Without a Trace (CC)		Just a Little Harmless Sex ★★ (1999) (CC)		
	601	562	41	SLC	Bulging Brides	Bulging Brides	ET Canada	What	The Biggest Loser (CC)		How to Find a Husband (CC)		Trading Sp
	520	505	42	DIS	Time Warp Metallica. (N)		Daily Planet (CC)		Destroyed	Destroyed	Time Warp Metallica.		How It's Made
	522	506	44	HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering (CC)		Crime Stories
	627	528	45	SPC	Fringe "Of Human Action" (N)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47	TBS	The Office	The Office	Lopez Tonight (N)		My Boys	My Boys	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48	TROP	'70s Show	'70s Show	The Outer Limits "Deja Vu"		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	52	FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word (CC)		Good Eats
	-	-	56	AMC	The Prisoner "Schizoid; Checkmate"				Force 10 From Navarone ★★ (1978, War) Robert Shaw, Harrison Ford. (CC)				
	626	547	57	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	60	CEN	(6:30) Affinity ★★★ (2008)		Courage (2009) Jason Priestley. Premiere.			The Visitor ★★★ (2007) Richard Jenkins.			Righteous Kill
	581	566	101	MTV	The Hills (N)	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
	261	394	102	V	Unscripted (N)	I Prophesy	Poltergeist: The Legacy		Calcutta Mail (2003) Anil Kapoor. A man must figure out who is spying on him.				
	-	-	105	MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Merry Madagascar

In this holiday sequel to "Madagascar" and "Madagascar: Escape 2 Africa," Alex, Marty, Melman and Gloria (voices of Ben Stiller, Chris Rock, David Schwimmer and Jada Pinkett Smith) must deliver Santa's presents to save Christmas when St. Nick gets amnesia following a crash landing on their island. And yes, those resourceful penguins also are on board. What a shame they have a long-standing North vs. South Pole rivalry with Santa's reindeer ... . 8 PM on NBC



The Visitor

Even if you don't know the name, Richard Jenkins' face will be identifiable — especially if you were a "Six Feet Under" fan — the moment you see him in this fine showcase for his talent. He plays a professor who returns from Connecticut to his New York apartment during a professional conference to find two illegal immigrants (Haaz Sleiman, Danai Gurira) camped out in his residence. Initial suspicion on both sides yields to a surprisingly deep connection. 9:30 PM on CEN

From bibs to bras

Heidi Klum isn't letting the recent birth of her fourth child stop her from getting back to work. The supermodel mom will be hosting the Victoria's Secret lingerie show, according to Page Six. METRO WORLD NEWS

Celebrity Buzz

Speidi-Roker showdown on hold

AS MINUTE SIXTEEN APPROACHES Spencer Pratt and Heidi Montag never got their rematch with the Today show's Al Roker, us-magazine.com reports.

The pair were expected on the NBC morning talk show yesterday morning to promote their new book, How to Be Famous: Our Guide to Looking the Part, Playing the Press, and Becoming a Tabloid Fixture.

"Due to a change in the show's schedule, we had to cancel the interview with Spencer and Heidi Pratt," a Today show rep tells us-magazine.com.

When the pair appeared on the show this past June, Montag said Roker made her cry with his harsh line of questioning. He also took Pratt to task, telling him that people think he acts like a "jerk."

After their awkward chat, Roker took to Twitter to continue criticizing the pair.

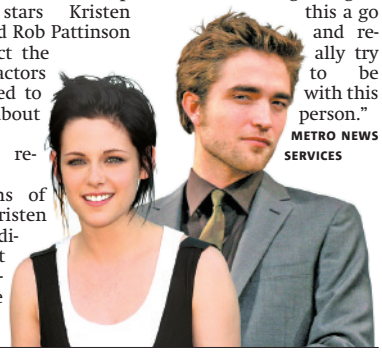
"Heidi and Spencer are an interesting couple. famous for...being infamous," he Twittered. "Bad and vacuous behavior. I think we're at minute 11 of their 15."

METRO NEWS SERVICES

Yes, Twilight stars are an item dishes director

THE SOUND OF A MILLION TWIHEARTS BREAKING In an interview with Time, Twilight director Catherine Hardwicke commented on the rumored relationship between stars Kristen Stewart and Rob Pattinson — a subject the young actors have refused to speak about publicly, ew.com reports.

"In terms of what Kristen told me directly, it didn't happen on the first movie," said Hardwick. "Nothing crossed the line while on the first film. I think it took a long time for Kristen to realize, O.K., I've got to give this a go and really try to be with this person."



METRO NEWS SERVICES

Wife kicks Letterman out?

NOW DAVE'S ON THE COUCH After the uproar about David Letterman's affair with a female staffer, his wife Regina Letterman has reportedly kicked him out of the house, forcing him to stay at his Manhattan loft, a source tells the National Enquirer.

METRO NEWS SERVICES

Winehouse a real 'doll'

PLASTIC SURGERY REHAB? Amy Winehouse's new obsession with plastic surgery shows no signs of abating, sources tell the Sun. And she's reportedly already chosen what to augment next. "Everyone tells her there's nothing wrong with her nose, but Amy does nothing by halves," a source tells the newspaper.

"Since changing her boobs Amy has been scrutinizing her body. She loves all the compliments and wolf whistles she gets from her new figure. She's been sketching lots of drawings of herself and wants to bring out a doll for fans."

METRO WORLD NEWS

File this under icky

LIKE FATHER LIKE DAUGHTER Former Scores strip club owner Elliot Osher is more than happy to dish on his past celebrity clientele, telling Rush & Molloy that Madonna once stiffed the staff, while Bruce Willis and Demi Moore treated the dancers like equals when they visited.

But the most shocking anecdote concerns Michael Lohan: "Lindsay Lohan's father once sat down and described the kind of dancer he was looking for," Osher alleges. "We sent some girls over. Funny, they all seemed to look like Lindsay. We ended up having to show him to the door."

Osher claims that Lindsay herself stopped by. "The next week, Lindsay wanted to meet the girls who'd danced for her dad."

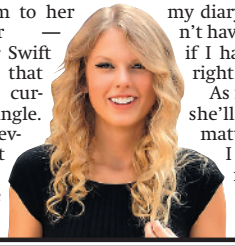
METRO WORLD NEWS

Swift still a single gal?

TEENS SAY THE DARNDEST THINGS Despite being spotted all over town together with New Moon star Taylor Lautner — and even introducing him to her mother — Taylor Swift insists that she's currently single.

"I've never thought it was a curse to be single," she says. "At this point in my life, I'm in the mind-set where I choose to be single — like I got to light scented candles and write in my diary and I wouldn't have time for that if I had a boyfriend right now."

As for Lautner, all she'll say on the matter is, "He and I have gotten really close."



METRO WORLD NEWS

Peet ponders her own mortality

ANOTHER HOLLYWOOD SAG STORY Amanda Peet admits that she's powerless to stop the march of time. "It's not really working," she tells Parade magazine about her attempts to thwart the aging process.

"I'll be at the gym and I'll start thinking, 'What am I doing? I'm going to sag no matter what I do.'"

And, Peet says, her industry isn't helping matters. "I mean, someone with a figure like Jennifer Aniston has a trainer, a cook spinning out some version of the latest diet, and probably a stop at the tanning salon. Then teenage girls go, 'God, I wish I could look like that.'

METRO WORLD NEWS

Celebrity tweets

Kathy Griffin gives herself a little extra celebration, Ricky Martin has an incredible tolerance for toddler tinkling, and Perez Hilton suffers for his art.

• @officialkathyg
I admit it. I had a "secret cake" 4 my bday that I just finished. Yeah, 1 cake 4 friends and another 1 stored in the fridge 4 me. SUCK IT!

• @ricky_martin
the sound of the piano fills the house.played by minifingers.i wonder if my son is a pianist hehe

• @Perez Hilton
The price of glamour: glitter is EVERYWHERE now! But it was so worth it!

METRO WORLD NEWS

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The Bandits

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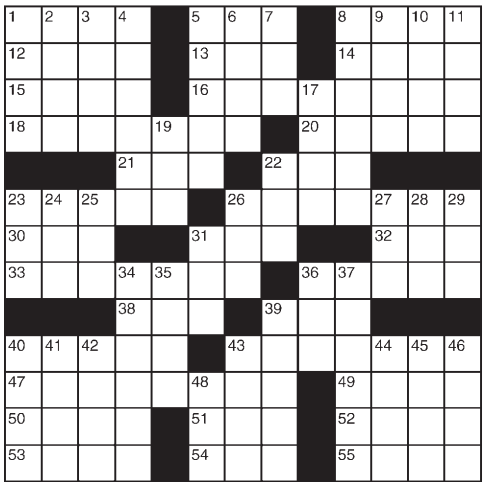
Today Showers 90% 9°/ 6°
Wednesday Rain 90% 8° / 7°
Thursday Rain 90% 9°/ 3°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Automaker Ransom Eli —
5 Wager
8 Footnote abbr.
12 Source
13 "That feels so good!"
14 Protuberance
15 Albacore, e.g.
16 Genesis subject
18 Depot
20 Water trench
21 Coffee vessel
22 Part of TGIF
23 Invigorating
26 Speech
30 "— the ramparts ..."
31 Pair
32 Diary writer Anais
33 Round of applause, e.g.
36 "I give up!"
38 Hostel
39 Work with
40 Sends forth
43 Rapture
47 Holiday from work
49 Base runner's goal
50 Paradise
51 "CSI" evidence
52 Basin accessory
53 Cincinnati team
54 Ukr. or Lith., once
55 McNally partner

DOWN

1 Leftovers
2 Lummox
3 Lisbon lady
4 Rank in a hierarchy
5 Quiche Lorraine ingredient
6 Deserve
7 Commonest English word
8 Just know
9 Seethe
10 "American —"
11 Say it ain't so
17 Taj Mahal city
19 Annoy
22 To and — 23 Greet the villain
24 Gun the engine
25 401(k) alternative
26 Possess
27 Letterhead abbr.
28 Lubricate
29 Away from SSW
31 Heavy weight
34 Tennessee NFLers
35 "Meet Me — Louis"
36 NAFTA contributor
37 Situated below
39 Of an arm bone
40 Always
41 Put together
42 On the rocks
43 Awfully long time
44 Hawkeyes' home
45 Portent
46 Geeky sort
48 Egos' counterparts

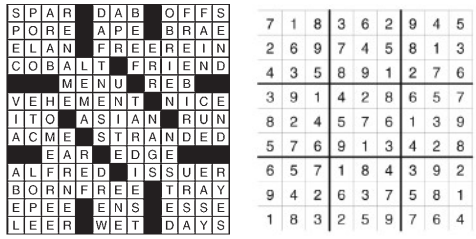
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		3	4	7		2		6
1		9	3					5
	4							
9		1			8			
		5				3		
			5			8		7
							6	
4					3	5		2
7		8		2	6	1		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	1	8	3	6	2	9	4	5
2	6	9	7	4	5	8	1	3
4	3	5	8	9	1	2	7	6
3	9	1	4	2	8	6	5	7
8	2	4	5	7	6	1	3	9
5	7	6	9	1	3	4	2	8
6	5	7	1	8	4	3	9	2
9	4	2	6	3	7	5	8	1
1	8	3	2	5	9	7	6	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Cinnamon-mustard Chicken with Sweet Potatoes and Peppers

INGREDIENTS:

2 tbsp (25 ml) wholegrain mustard
2 tsp (10 ml) ground cinnamon
1 cup (250 ml) apple juice
8 skinless, boneless chicken thighs
4 sweet potatoes, peeled and cut into chunky wedges
4 onions, quartered
2 red peppers, quartered lengthwise
2 yellow peppers, quartered lengthwise
2 tbsp (25 ml) olive oil

METHOD:

1. Preheat oven to 460°F (240°C). Mix mustard, cinnamon and apple juice in large ovenproof dish or roasting pan. Add chicken, turning pieces over to coat in apple dressing. Set aside.
2. Put sweet potato wedges in large pot. Pour in boiling water to cover and boil 5 minutes.
3. Drain sweet potatoes, then add to chicken with onions and peppers. Turn all vegetables in dressing to coat evenly, then turn chicken thighs once more and leave them skinned side up.
4. Season ingredients to taste and drizzle over oil. Roast 20 minutes or until chicken and vegetables are cooked and well browned. Test chicken by piercing thickest part with point of knife; juices should run clear, not pink. Serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Try to be a bit more secretive, especially if you are working on something that requires the surprise to be successful.

TAURUS ♉
APRIL 21-MAY 21
Stop worrying that you are not doing enough in the world. You're doing plenty. Today's Mercury-Saturn link indicates that success will be yours.

GEMINI ♊
MAY 22-JUNE 21
You seem to have the knack of making a little go a long way, and that applies to your emotions as well as to your money.

CANCER ♋
JUNE 22-JULY 22
Today's cosmic picture will help you wield the axe and cut back on the things in your life that are no longer important.

LEO ♌
JULY 23-AUG 23
What you are being asked to do may seem boring but if you do it well the rewards will be worth the effort.

VIRGO ♍
AUG 24-SEPT 22
There is rather a lot going on behind the scenes at the moment, so don't make any plans because they are sure to change over the next few days.

LIBRA ♎
SEPT 23-OCT 23
There is no point trying to force a confrontation with someone you don't get along with today.

SCORPIO ♏
OCT 24-NOV 22
You may think the worst is going to happen but you should know by now that is precisely the sort of attitude that encourages bad things to occur.

SAGITTARIUS ♐
NOV 23-DEC 21
A Mercury-Saturn link means your efforts will pay off in some way over the next 24 hours. That applies to all areas of your life, especially to friendships.

CAPRICORN ♑
DEC 22-JAN 20
You may not much enjoy what happens today but if you accept it as part of life's rich tapestry it won't seem so bad.

AQUARIUS ♒
JAN 21-FEB 18
Most of the time you are pretty easygoing but today you will want everything to be perfect, and if it isn't then those you deem responsible will pay.

PISCES ♓
FEB 19-MARCH 20
Aim to keep things simple today, because the more complicated you allow your life to get the more likely it is you will make a mistake.

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